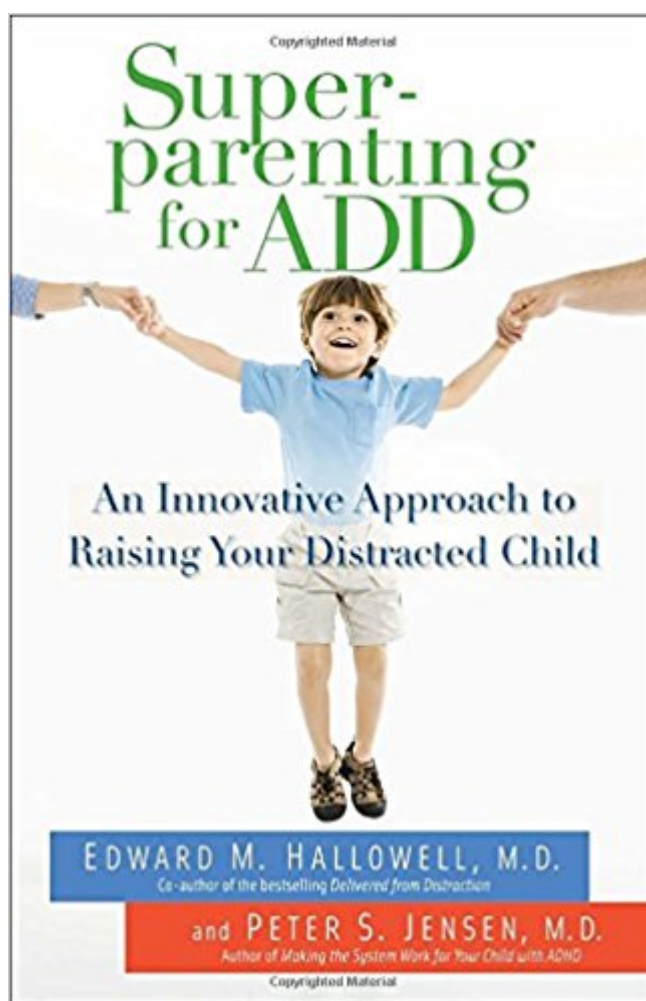


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# Superparenting For ADD: An Innovative Approach To Raising Your Distracted Child



## Synopsis

With decades of experience working with ADD children, Dr. Edward Hallowell has long argued that ADD is too often misunderstood, mistreated, and mislabeled as a disability. Now he teams up with top academic ADD researcher Peter S. Jensen, M.D., to bring you an invaluable new approach to helping your ADD child. Superparenting for ADD offers a specific game plan including:

- UNCONDITIONAL LOVE Tune out the diagnosticians and simply nourish the spirit of your child for who he is.
- VIEWING THE MIRROR TRAITS Recognize the positive sides of the negative symptoms associated with ADD: stubbornness = persistence; impulsiveness = creativity; intrusiveness = eagerness.
- THE CYCLE OF EXCELLENCE Nurture an environment in which a child can safely take risks, reserve time to let a child dabble as a way to learn, encourage playful practice, support mastery of a skill, and then recognize a child's accomplishments.

## Book Information

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## Customer Reviews

Advance praise for Superparenting for ADD: "The shelves of most bookstores are lined with volumes that define, explain, and demystify attention deficits. But Superparenting for ADD is different. An upbeat, positive, and constructive guide, it offers parents strategies that will assist them in the day-to-day challenges of raising their ADD child and help him to reach his fullest potential."

• "Richard Lavoie, author of It's So Much Work to Be Your Friend" once believed that understanding genes and their effects on the brain would be the only means to effectively help children with ADHD. But despite the strong role genes play, I wholeheartedly agree with Hallowell

and Jensen that love trumps all else. This book is a must-read for parents, scientists, and physicians and it will obliterate once and for all a purely deficit-based model of understanding ADHD. •â “Susan L. Smalley, Ph.D., professor of psychiatry and biobehavioral sciences, UCLAâ œSuperparenting for ADD is written with an exuberance and directness that makes it easy reading. . . . Taking us inside the minds of ADD children and showing how the world looks from their perspective, Hallowell and Jensen provide invaluable advice for parents and educators alike.â •â “Tyler C. Tingley, principal, Phillips Exeter Academyâ œThis beautifully written and groundbreaking book will compel you to look anew at ADD children and to see the gifts that are too often hidden in clouds of frustration and heartache. On a mission to change the paradigm of ADD treatment, Hallowell and Jensen offer very practical, step-by-step advice to help parents mine and develop the gold within every â ^distractedâ ™ child. Mission accomplished!â •â “John Ratey, M.D., co-author of Driven to Distraction and author of Spark: The Revolutionary New Science of Exercise and the BrainFrom the Hardcover edition.

Edward M. Hallowell, M.D., was an instructor at Harvard Medical School for twenty years and is now the director of the Hallowell Centers in Seattle, San Francisco, New York City, and the Boston area. He is the co-author of Driven to Distraction, Delivered from Distraction, and Answers to Distraction, as well as the author of CrazyBusy, The Childhood Roots of Adult Happiness, and Worry, among other titles. He also hosts a weekly podcast called Distraction that offers practical solutions on how to focus and regain control in todayâ ™s digital world. Peter S. Jensen, M.D., is a world-renowned child psychiatrist, the author of more than 200 scientific articles, and the CEO of the REACH (REsource for Advancing Childrenâ ™s Health) Institute. Dr. Jensen was the founding director of the Center for the Advancement of Childrenâ ™s Mental Health at Columbia University and the associate director of Child and Adolescent Research at NIMH, where he served from 1989 to 2000. In 1999 he received the Exemplary Psychiatrist Award from NAMI (the National Alliance for the Mental Ill) and was inducted into the Hall of Fame for Children and Adults with Attention-Deficit/Hyperactivity Disorder. He lives in New York.From the Hardcover edition.

This book was fantastic exactly what I needed. It has given me a new perspective on my son that we need to look at his learning disabilities as gifts not as deficiencies.

This book was incredibly well written, from start to finish. Although another reviewer thought the book was too long, it's only about 165 pages, so I thought it was relatively concise and to the point. One

of the complaints was that Hallowell talks about a few of his first hand experiences, such as when his son mastered the Aquajumper at the lake. I really appreciated that key messages from the book, such as loving your child for who they are, including their ADD, were reinforced and brought to life with real world examples. As a whole, though, I found the book to be both very reassuring and informative. In some ways, I'm now actually happy that my daughter has ADD-- she's just like I was at her age. Now I don't have to worry over her future because not only is she going to be fine, but she does have hidden gifts that I look forward to unwrapping. In addition, there is a lot of practical advice and recommendations to help manage the challenging parts of ADD. It made me feel good that we had already started doing most of them, but some new/different ideas will be worth trying, and I look forward to it. I loved the book, and would recommend it to just about any parent, but definitely any parent who suspects their child may have ADD. Great read!

I was so excited to read this book when I heard about it and started reading as soon as it arrived. I appreciate the idea of the mirror traits and recognizing the positive sides of ADHD, but the author seems to gloss over many important ideas. First, this story about the family sitting around eating brunch and laughing because the child forgot to take his medicine so he was eating more is just ridiculous. I'm not sure of any parent or family would laugh and joke about forgetting to take medicine. His example seemed to make light of the importance of medication. Next, I thought it was also ridiculous that this same child became the poster child for ADHD. Again, he seems to gloss over the struggles most families face parenting a child with ADHD. Most importantly, on page 131, the authors actually suggest not having a formal IEP, but rather making an informal IEP with the teacher. That's an irresponsible recommendation for many, many reasons. Finally, a good chunk of the book talks about the Kolbe Model and that we should go online (and pay) to take the assessment. That made me feel like I wasted my money buying this book. Again, the idea that children who have ADHD do have many special qualities is important to recognize, but the author makes light of too many important aspects of ADHD and does not provide many useful tips for actual "super-parenting."

I admit I am still reading this, but I love the style and approach of this book. It's encouraging and makes you look at ADD from a different perspective. I desperately needed this type of encouragement and plan to utilize the tools and ideas found within the pages.

This book has helped me understand my son and his/our gift. My son without his/our gift would have

been another average kid. After reading this book I learned how to be more patient and the unlimited potential he has to offer. I'm helping him unwrap himself into what he is meant to be. I wouldn't have it any other way, thank you.

I read this book because we recently found out that our grandson has ADD. This was a very positive book that gave encouragement and action plans for parents of these children. I am hopeful that this will be a good guide for our family in dealing with this problem.

Insightful. Easy to read. Tad long. Soothing. Just makes for a great guide to better parent our add child. Loo

Fantastic book/CD. I highly recommend it!

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