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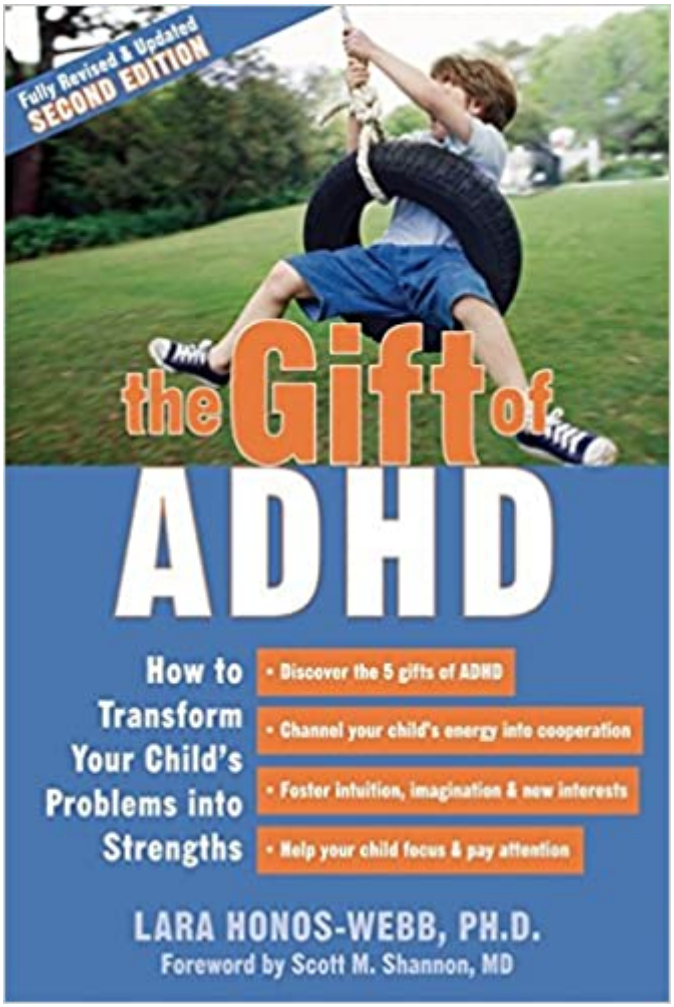
The Gift Of ADHD: How To Transform Your Child's Problems Into Strengths



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Synopsis

As a parent, you already know that your child has many gifts. What you may not know is that attention-deficit hyperactivity disorder (ADHD) related symptoms—the very qualities that lead him or her to act out and distract others—may be among them. This second edition of The Gift of ADHD includes compelling new research indicating that the impulses that lead your child to act exuberantly may correspond with unusual levels of creativity and a heightened capacity for insight into the feelings and emotions of others. Could it be that ADHD is not a hindrance, but an asset in our fast-paced digital age? ADHD expert Lara Honos-Webb presents the evidence for this revolutionary concept and explains how you can help your child develop control over inattentive, hyperactive behavior and enhance the five gifts of ADHD: creativity, attunement to nature, interpersonal intuition, energetic enthusiasm, and emotional sensitivity. Filled with easy skill-building activities you and your child can do together, this book will help your child transform problematic symptoms into strengths, then build the self-esteem they need to let those gifts shine.

Book Information

Paperback: 240 pages

Publisher: New Harbinger Publications; 2 edition (July 1, 2010)

Language: English

ISBN-10: 1572248505

ISBN-13: 978-1572248502

Product Dimensions: 6.2 x 0.6 x 9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 37 customer reviews

Best Sellers Rank: #359,287 in Books (See Top 100 in Books) #10 inÃ Â Books > Parenting & Relationships > Special Needs > Hyperactivity #182 inÃ Â Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders #405 inÃ Â Books > Parenting & Relationships > Special Needs > Disabilities

Customer Reviews

A diagnosis of ADHD (attention deficit hyperactivity disorder) does more than label a child's behavior problemsÃ¢â ¬â •it affects his or her self-esteem, relationships and future, says psychologist Honos-Webb. The way parents and teachers treat an ADHD child can mean the difference between a successful life and an unnecessarily difficult one. In this sensitive exploration of ADHD, Honos-Webb uses case studies, field research and her personal experience as a clinical

psychologist and sister of a brother with ADHD to teach parents how to become advocates for their children and "reframe" their view of the disorder. While most people are familiar with the dramatic behavioral symptoms of ADHDÃ¢â ¬â •severe inattention and impulsivenessÃ¢â ¬â •there is a less-reported flip side: children with ADHD exhibit exceptional strengths that Honos-Webb sees as opportunities. These gifts include emotional sensitivity toward others, passion and exuberance, unusual problem-solving skills and a love of nature. Honos-Webb's goal is to bring these traits to light and help parents transform "symptoms into talentsÃ¢â ¬â •or at the least, lovable eccentricities." Through interactive exercises, such as directed daydreaming and storytelling, she helps parents and children work together to rise above the negativity so often directed at them by "an outdated education system" that does little to accept and support children with ADHD. This unique book stands out from the sea of books in its field. (Mar.) Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"You are the parent. If you can change and do what this wonderful book invites you to change and do, then you can give the most precious gift to your child—transforming your child's “problem" into a strength. Please accept the gift of this book—for your child's sake." —Alvin R. Mahrer, PhD, professor emeritus of psychology at the University of Ottawa, Canada, and author of The Complete Guide to Experiential Psychotherapy"Honos-Webb grabbed my scattered attention quickly and held it with this enlightening book, without resorting to drugs. I nervously jumped to sections such as Ã¢â ¬ËœThe Medical Model of Disease' and Ã¢â ¬ËœWhy Medications May Not Be the Answer' and found them balanced and enlightening. Then I calmed down, read the rest, and learned a lot. You will too . . . if you can pay attention." Ã¢â ¬â •Thomas Greening, professor of psychology at Saybrook Graduate School and editor of the Journal of Humanistic Psychology "Honos-Webb's book is a healing gift to children with ADHD and their parents, teachers, psychologists, and doctors. Taken to heart, her message could transform the lives of these children, their families, and even the educational system. The Gift of ADHD is a must-read for anyone whose life is touched by the unique children who are given this diagnosis. Even adults with this diagnosis should read this book to find a radically new way of understanding themselves and celebrating their own gifts." —Lane Arye, PhD, author of Unintentional Music: Releasing Your Deepest Creativity and internationally known process-oriented therapist and teacher

What a wonderful book. Laura Honos-Webb reframes one's thinking about ADHD from negative

beliefs to positive ones and, in turn, she shows parents how to become advocates for their child. Excellent book.

Excellent book

A must read.

Even though your book is for children who are at least 6, i'm still finding your principles applicable to my 3 year old. I am a medical doctor and have notice hyperactivity in my son since he was just a baby. He's almost 3 now,but the idea that he might have ADHD has been roaming thru my mind for quite sometime now since ALL his teachers since nursery would remark about his "energy" but as soon as he hit pre-school and free play was in the past that changed to inattentiveness, inability to sit down, that he just won't listen. I'm veeeeery tired of all the punishment he gets because of this and have been trying to find resources to help us all since he really is quite a brilliant child and I would be crushed if he started to hate school at such a young age. I had to change pre-schools for this reason since the crying would start as soon as I would enter the bend near the school. He and the naughty corner we pals, simply because he just wouldn't sit down.I'm still waiting for my appointment to see the child psychiatrist for a proper assessment (and I know it's difficult at this age, and we only have 2 here in jamaica), but I'm so happy I found this book. The perspective is the same one I've been trying to share with those who have to interact with my son. He's gifted, and you just have to find the right way to stimulate him. Thanks so much, I no longer feel alone in this world and I will no longer apologise for him but rather be his advocate. I'm hoping I can get others to give him the kind of stimulation he needs so that he can express his giftendeness in a way that is comfortable for him and the persons he has to interact with daily.

Contrary to popular opinion, there ARE advantages to ADHD, including creativity, originality and the ability to look outside the box (in fact, it can be nearly impossible for most with ADHD to think WITHIN the box). Although it isn't easy for those with ADHD to function in structured environments, they can excel in the right ones. And that is the main strength of this book - showing how nonlinear, innovative minds can be an asset rather than a detriment. Along the way, the author helps people focus on their strengths and get around their weaknesses.

Highly recommend this book.

I like how this book is written. Other books I have read are a little harsh and overwhelming for a parent of a child just diagnosed. This book helps you feel a little better about the whole thing and gives real tips to help you. So far, I like the book alot.

This is a great book to read if you have an ADHD child in your life. It points out true strengths that we may overlook in light of all the challenges we face. I think it is a must read!

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