



Overcoming ADHD Without Medication: A Parent and Educator's Guidebook

Association for Youth Children and Natural Psychology

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A practical guidebook on how parents and teachers can help children overcome symptoms of Attention Deficit Hyperactivity Disorder - ADHD - without stimulants or other medication.

There is much circumstantial, observational as well as scientific evidence that non-pharmaceutical methods of treating ADHD, including self-help, are not only of much value, but can effectively take a child out of the classifiable range.

Psychiatric medication addresses symptoms, but do not cure the illness itself. Lifestyle changes help almost all children to improve. Engaging in artwork, outdoor activities and nature helps many children with ADHD to focus. Many children with ADHD are visually-oriented.

Overcoming ADHD Without Medication was developed through years of research, field work in the public school system, and in working with individual students. The concepts presented here are effective, field-tested and can help most children to overcome symptoms of ADHD without ever needing to take psychiatric medications.

Professionals whose work is highlighted in *Overcoming ADHD Without Medication* are,

- Reading coach
- School psychologist
- Special education teachers
- Early childhood teachers
- Art teacher and professor
- Certified ADHD coach
- Clinical psychologists
- Educational authors
- Clinical studies
- University professors, researchers

Overcoming ADHD Without Medication has been thoroughly reviewed by educational and psychology professionals with PhDs in education and psychology, respectively, and has been determined to be a verified source of accurate information on mental health.

Supplemental information from David Rabiner, Ph.D., Duke University on ADHD and Medication, Childhood Depression; Daniella Barroqueira, Ph.D., on Art and ADHD; Iowa State University research on Violent Video Games, ADHD and Aggression in children/teens. Information from Virginia State University researchers is included in an article entitled **Children's Television Impacts Children's Executive Functions and Contributes to Later Attention Problems**. Music and ADHD for parents and school principals is also highlighted.

A public school art teacher who had Attention Deficit Hyperactivity Disorder as a teen, and who was on

methylphenidate (Ritalin) and dextroamphetamine (Adderall) while in middle and high school shares his experience in successfully coming off psychiatric medications permanently.

Some of the non-pharmaceutical methods covered in *Overcoming ADHD Without Medication*, in addition to lifestyle changes and prevention, are art and art therapy, green therapy, nutrition, positive teaching methods and adjustments, positive adjustments in music, positive parenting adjustments, and neurofeedback. The need for love, nurturing, as well as personal attention, is also highlighted.

The book on ADHD is well-referenced, has an extensive bibliography and index, 15 photo-illustrations, six charts and graphs, as well as a recommended reading and resources section. We hope that it helps your child to be successful in school and in life.

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Javier Link:

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Rhonda Joiner:

This book untitled Overcoming ADHD Without Medication: A Parent and Educator's Guidebook to be one of several books which best seller in this year, this is because when you read this book you can get a lot of benefit on it. You will easily to buy this particular book in the book shop or you can order it by using online. The publisher in this book sells the e-book too. It makes you more readily to read this book, because you can read this book in your Smart phone. So there is no reason to you personally to past this book from your list.

Jeffrey Messina:

A lot of people always spent all their free time to vacation as well as go to the outside with them family or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read the book. It is really fun to suit your needs. If you enjoy the book you read you can spent all day long to reading a guide. The book Overcoming ADHD Without Medication: A Parent and Educator's Guidebook it is rather good to read. There are a lot of people who recommended this book. These were enjoying reading this book. If you did not have enough space to develop this book you can buy typically the e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not to cover but this book provides high quality.

Dona Cole:

Do you have something that you want such as book? The guide lovers usually prefer to decide on book like comic, small story and the biggest the first is novel. Now, why not hoping Overcoming ADHD Without Medication: A Parent and Educator's Guidebook that give your pleasure preference will be satisfied by reading this book. Reading habit all over the world can be said as the opportunity for people to know world a great deal better then how they react when it comes to the world. It can't be stated constantly that reading practice only for the geeky particular person but for all of you who wants to become success person. So , for all of you who want to start examining as your good habit, it is possible to pick Overcoming ADHD Without

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