



Understanding ADHD: What causes ADHD and how to deal with it

James Parkinson

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Understanding ADHD

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ADHD affects millions of families around the world. Lots of children are diagnosed with ADHD or ADD each year. This can be a scary situation for many parents, as ADHD has quite a negative stigma about it in today's society.

This book will explain to you just how natural ADHD is, and hopefully put your mind at ease. This book covers how to determine if your child has ADHD, and provides practical information on what having ADHD means to both you, and your child.

This book will explain to you strategies for dealing with ADHD, and how you can help other siblings deal with having an ADHD inflicted family member.

Whether your child has already been diagnosed with ADHD, or you have a suspicion they may have the condition, this book will be able to help. ADHD doesn't have to be a difficult thing to handle, and with the strategies provided in this book you'll be able to handle it without issue!

Here Is A Preview Of What You'll Learn...

- What is ADHD
- Characteristics, Signs, and Symptoms
- Causes of ADHD
- Treatment Options for ADHD
- How You Can Help Your Child
- ADHD Parenting Advice
- Much, much more!

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