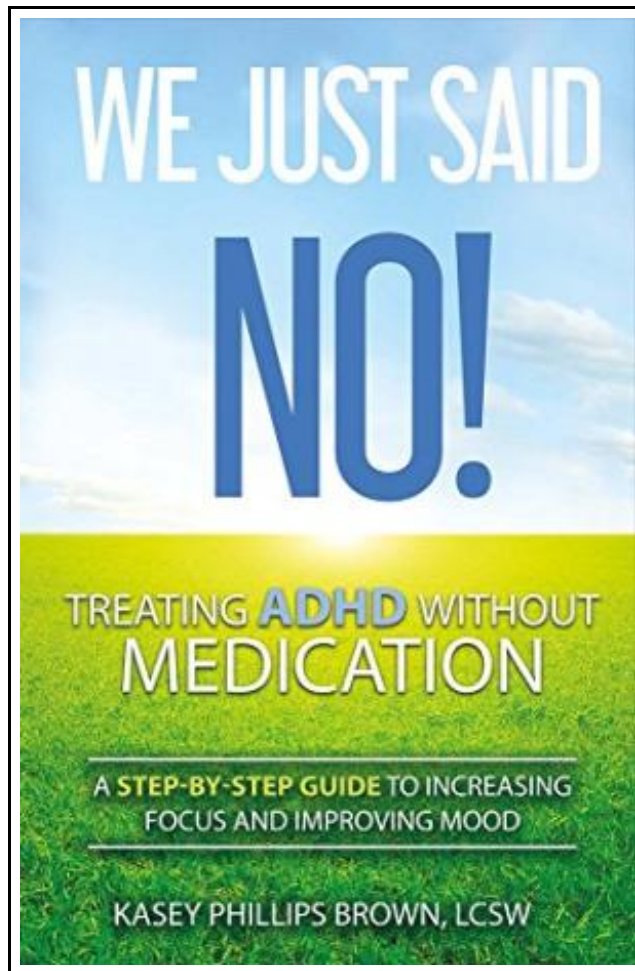


We Just Said No! Treating ADHD Without Medication: A Step-By-Step Guide to Increasing Focus and Improving Mood (Paperback)



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Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

WE JUST SAID NO! TREATING ADHD WITHOUT MEDICATION: A STEP-BY-STEP GUIDE TO INCREASING FOCUS AND IMPROVING MOOD (PAPERBACK)



BookBaby, 2017. Paperback. Condition: New. Language: English . Brand New Book. Are you concerned that your child's ability to focus may be getting in the way of their success? Are you uncomfortable with the idea of using labels and drugs as the approach to addressing this issue? This book offers a step-by-step guide to how we have been able to address our children's lack of focus, extra energy and grumpiness without medication for the past 7 years. As a Licensed Clinical Social Worker and the mother of two sons---one of whom has struggled with ADHD symptoms---I have had to think outside the box to help my child succeed while keeping his body free of psychotropic medication and without a formal diagnosis. My husband and I utilized a myriad of interventions in the home, at his schools and in our community, that improved our son's ability to focus. We also have a younger son who does not have ADHD symptoms. It would have been difficult to have them living so differently, so we also used the interventions with him. Eventually we observed an overall decrease in his crying and moodiness. This book can be used by anyone striving to have a more structured and organized home. You will see where we had success as well as where we struggled. When creating this lifestyle we understood that this natural approach would have its share of obstacles, and it did. However, the rewards far outweighed those challenges. Our sons excel at public speaking, win awards, are outgoing, and creative. If I had to do it all over again I would do it in a heartbeat. This is our life. This is our journey.



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