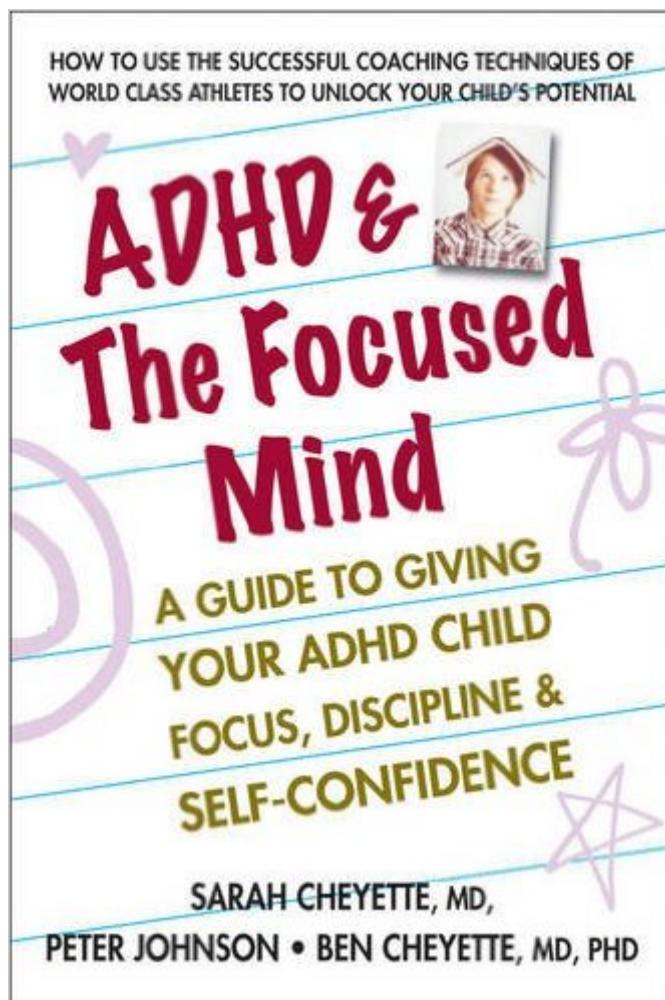


The book was found

# ADHD & The Focused Mind: A Guide To Giving Your ADHD Child Focus, Discipline & Self-Confidence



## Synopsis

As a young boy, his difficulty in concentrating was diagnosed as ADHD. In school, his mind always seemed to wander until he found an activity that he liked. By using that one activity, his mother was able to teach him to focus and develop self-discipline. Debbie Phelps found a way to reach past her sonâ™s ADHDâ•and that young boy, Michael Phelps, went on to win twenty-two Olympic medal and break thirty-nine world records in swimming. Now the principle that guided Debbie Phelpsâ™ approach is the subject of this breakthrough title. Written by three experts in their fieldsâ•a pediatric neurologist, a psychiatrist, and a martial arts instructorâ•ADHD & the Focused Mind provides a complete program for instilling the ability to focus in both children and adults with Attention Deficit Hyperactivity Disorder. For centuries, martial arts teachers have taught their young students the art of combat, from Aikido to Karate to Taekwondo. However, as varied as each form of martial arts may be, they all share an underlying skill, and it is the same skill that world class athletes have in common. They all base their techniques on the ability to clearly focus on the task that is in front of them, whether itâ™s defeating an opponent or coming in first. In this book, the authors have created a unique coaching program that focuses on acquiring this very skill to overcome ADHD. The book begins by explaining the common signs of ADHD. It then looks at the brain and discusses what researchers have discovered about Attention Deficit Hyperactivity Disorder. The remaining chapters detail the components of the program, including its principles, its goals, and the practical ways in which these goals can be achieved. The authors recognize that all children are different, so the program has the flexibility to work within a childâ™s comfort level while still attaining the necessary level of discipline. The text concludes with a discussion of medications and ADHD, and whatâ™s right for your child. Some of the most successful people in the world have ADHD, but just like star athletes, they have discovered that developing their own unique ways of focusing enables them to get ahead. ADHD & the Focused Mind provides coaching techniques that can profoundly improve the life of any child suffering from Attention Deficit Hyperactivity Disorder.

## Book Information

Paperback: 260 pages

Publisher: Square One (February 15, 2016)

Language: English

ISBN-10: 0757004148

ISBN-13: 978-0757004148

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ  See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #109,275 in Books (See Top 100 in Books) #47 inÂ Books > Health, Fitness & Dieting > Children's Health > Learning Disorders #178 inÂ Books > Parenting & Relationships > Special Needs > Disabilities #2002 inÂ Books > Parenting & Relationships > Parenting

## **Customer Reviews**

An invaluable resource! "ADHD & The Focused Mind" is the most helpful and resourceful handbook I have read on ADHD. Drs. Cheyette wrote this book with much care and research and the content applies to children and teenagers. The tips on doing homework, organization and minimizing electronic distractions are invaluable. Thank you for informing the reader of specific apps that can be used to block specific websites temporarily while your child is using the computer. Also good advice, is the S.M.A.R.T. strategy for setting goals and reminding your child what it is that they ultimately want to achieve. This book has many resolutions to ADHD related issues & will be a permanent fixture on my bookshelf. Thank you!

Martial arts and ADHD, are they connected? Yes, they are connected in that the techniques of discipline and focus are helpful to individuals with ADHD. This book has a local author in Peter Johnson, a 7th degree black belt holder in Karate and owner of a Karate school in San Bruno. He uses his coaching skills with children with special needs in his classes. The other two authors are a pediatric neurologist and a psychiatrist, both experts in ADHD. The chapters progress as a teacher would plan his classes. We learn about ADHD, plan and set goals to succeed. The person with ADHD learns about himself and trains to focus with self-discipline and goes on to be a part of a team and accepts defeat as temporary. We learn how to choose a à œcoachâ • to work with our child and consider the possibility of using medication as a tool. It is a book that is well-organized and very easy to use. It has a Contents Page, Conclusion, Resources, Homework Log, References, Authors and Alphabetical Index.

[Download to continue reading...](#)

ADHD & The Focused Mind: A Guide to Giving Your ADHD Child Focus, Discipline & Self-Confidence Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) 10 Days To

Lifetime Self-Discipline: The Fastest Path To Motivation And Willpower (Self-Confidence, Self-Belief, Strategies, Develop Discipline, Achieve your Dreams) Self-Discipline: Become A Greek Spartan: Everything You Need to Know to Transform Your Life into A Modern Day Spartan & Gain More Confidence, Hunger and ... (Greek Spartan Mindset, Spartan Discipline) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness Navy Seal: Self-Discipline: Greatest Lessons of The Toughest Soldiers: Self Confidence, Self Control, Mental Toughness, Resilience Self Esteem: Mastering Your Life!- Building High Self Esteem, Confidence and Defeating Doubt (Self Esteem, confidence,doubt) 10 Days to Superhuman Confidence: Cure Social Anxiety, Destroy Doubt, and Live Fearlessly (Self-Confidence, Charisma, Introvert, Self Esteem, Success) (SUPERHUMAN IMPROVEMENT) Superhero Killer Confidence: Easy Actions to Boost Your Self-Confidence through the Roof, Overcome Your Fears and Break through Any Barrier: (Become Unstoppable and Live Life to the Fullest) Discipline Ranch: Domestic Discipline Romance CFT Made Simple: A Clinician's Guide to Practicing Compassion-Focused Therapy (The New Harbinger Made Simple Series) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) CODEPENDENCY: 12 Steps to Break Free From Manipulation & Emotional Abuse And Start Enjoying Healthy Relationships & Self Confidence (Enabling, Mind Control, Emotional Health & Happiness) How to Build Self-Discipline to Exercise: Practical Techniques and Strategies to Develop a Lifetime Habit of Exercise Calorie Counting Made Easy: A Proven System to Lose Weight and Keep It Off in Less Than 5 Minutes a Day (Without Exercise or Giving Up Your Favorite Foods) The Social Skills Guidebook: Manage Shyness, Improve Your Conversations, and Make Friends, Without Giving Up Who You Are Food Swap: Specialty Recipes for Bartering, Sharing & Giving \_ Including the World's Best Salted Caramel Sauce Not Giving Up Contemporary Romance BWWM Romance (Book 1) Giving It to Her! 49 Book Bundle of Exactly What It Sounds Like...

[Dmca](#)