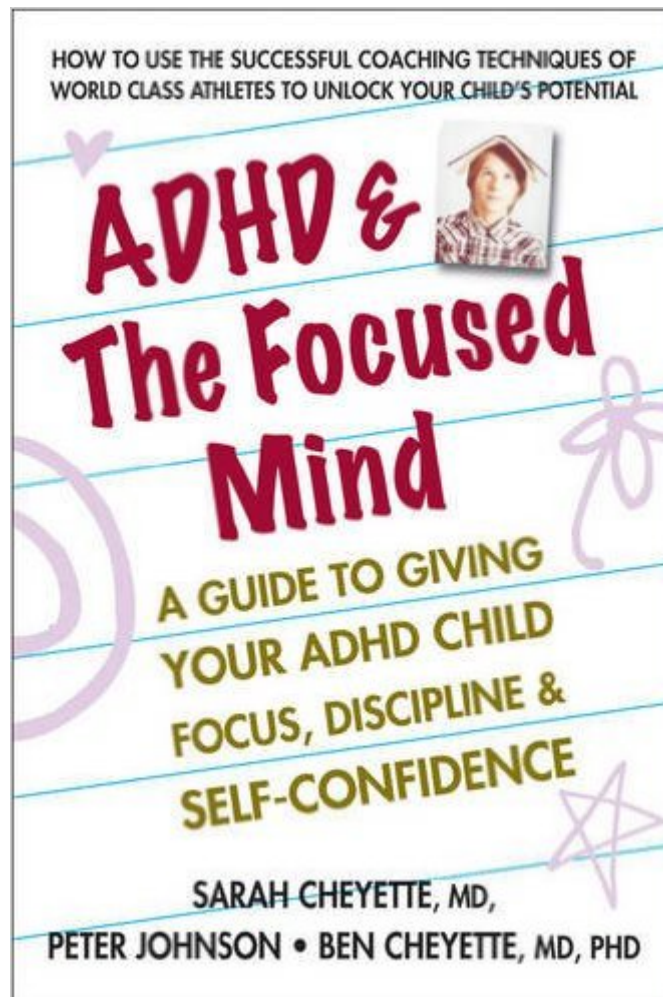


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# ADHD & The Focused Mind: A Guide To Giving Your ADHD Child Focus, Discipline & Self-Confidence



## 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 son's ADHD and that young boy, Michael Phelps, went on to win twenty-two Olympic medals and break thirty-nine world records in swimming. Now the principle that guided Debbie Phelps' approach is the subject of this breakthrough title. Written by three experts in their fields—a pediatric neurologist, a psychiatrist, and a martial arts instructor—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 it'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 child's comfort level while still attaining the necessary level of discipline. The text concludes with a discussion of medications and ADHD, and what'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

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## 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 "coach" 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.

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