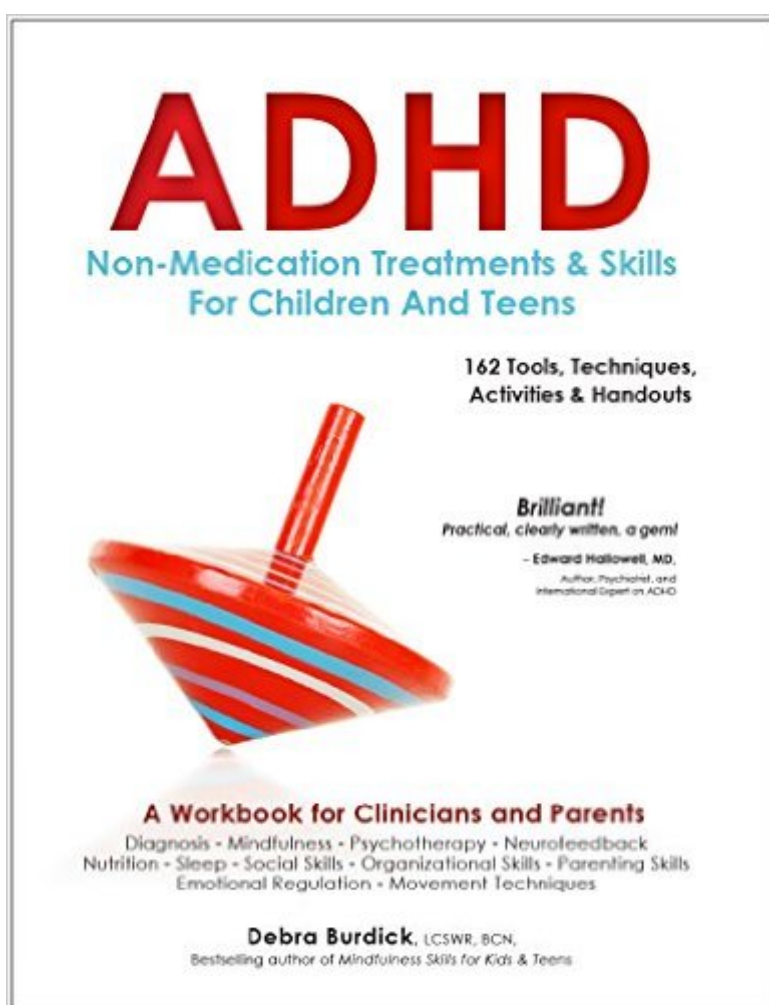


The book was found

# ADHD Non-Medication Treatments And Skills For Children And Teens: A Workbook For Clinicians And Parents With 162 Tools, Techniques, Activities & Handouts



## Synopsis

The most comprehensive ADHD resource available! This practical workbook gives you the most effective, and proven, non-medication treatment approaches and skills. Step-by-step instructions on tailoring psychotherapy to ADHD ADHD-friendly parenting skills Techniques for emotional and behavioral regulation Skills for organizing time, space and activity Mindfulness skills Downloadable handouts, exercises, activities and resources

## Book Information

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Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #69,366 in Books (See Top 100 in Books) #30 inÂ Books > Health, Fitness & Dieting > Children's Health > Learning Disorders #60 inÂ Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders #224 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Psychotherapy, TA & NLP

## Customer Reviews

My son has ADHD and the suggestions in this book are very helpful and exercises are very accessible.

Arrived earlier than expected. This book is a must-have if you're handling ADHD dx clients. Good for general public as well.

Another awesome book by Debra Burdick - lots of practical suggestions!

Filled with invaluable practical information! I highly recommend it to other ADHD coaches.

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