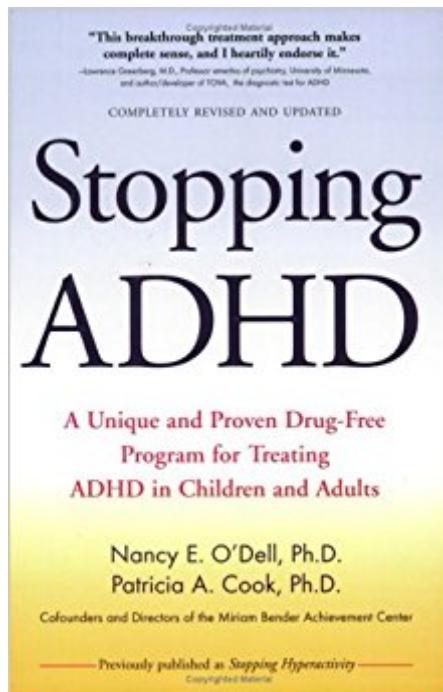


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# Stopping ADHD



## **Synopsis**

A unique and proven drug-free program for eliminating the symptoms of ADD/ADHD. Previously published as Stopping Hyperactivity, this revised and updated edition, featuring the authors' revolutionary crawling exercise program, includes the latest information on the negative effects of the many drugs used to treat ADD/ADHD, addresses the prevalent use of the current innovations in baby care, such as walkers and baby swings, and their surprising roles in the development of ADD/ADHD, and presents the findings from the authors' most recent studies.

## **Book Information**

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## **Customer Reviews**

Dr. Patricia A. Cook and Dr. Nancy E. O'Dell are professors emeriti of the University of Indianapolis School of Education and the cofounders and codirectors of the Miriam Bender Diagnostic Center, where they have successfully worked with hundreds of children with ADD/ADHD.

The quotes that this book is life-changing are not hype, they are true. It has changed our world, and the future of our child. When we read it, so much made sense. Previously, the diagnoses were always vague and sometimes conflicting. Each section of the book rang true, and gave us insight into what was going on, and a scientific foundation for the approach. More people do need to know about this approach. These folks have helped thousands of people over decades. It's a commitment, but the changes are real, and beyond amazing. Since it is drug free, and not expensive financially, it is worth trying. But it takes time and work. If you have an OT, you can

always ask if your child has the STNR reflex, and go from there. We decided to contact Dr. O'Dell, and have had the chance to work with her in person. If you can do that, please consider it. The exercises are in the book. (The reviews that there is nothing to help are dreadfully inaccurate.) On a personal note, I can see where drug companies would not want to see an approach like this become popular. I believe that Dr. O'Dell sells new copies of the book on her website now.

If you are an educator who deals with students who "have the wiggles," a parent of a "squirmly" child, or an individual who finds it difficult to sit comfortably for any length of time, you definitely will benefit from reading *Stopping Hyperactivity: A New Solution*. It is written in a clear and concise manner, and is very "readable." I especially liked the excellent mix of reference based information and anecdotal records, interspersed with entertaining personal comments from the co-authors/educators, Drs. Cook and O'Dell, who have been "practicing what they preach" for the past 25 years. The authors have based their work on the findings of a physical therapist, Dr. Miriam Bender, who studied children with learning disabilities. Their book is divided into three parts. Part 1 gives a sensible and well-documented explanation for the physical problem that causes some children to be unable to remain in a sitting position, and describes the effects that this problem can have on their lives. Part 2 contains practical suggestions as to how to deal with the resulting behaviors, not only at school, but also in many other settings. Part 3 consists of detailed instructions (with photos) for an exercise program that can cure the underlying cause of the problem. I have been both a parent and educator of special needs children for many years, and after reading this book I definitely feel that there is hope for the future, not only for educators and parents who deal daily with children who are really trying but can't sit still, but also for those of us adults who are still struggling to "sit up straight" without discomfort. This is a book that is both practical enough to please parents and technical enough to train teachers, and its message has the potential of producing positive results in many, many people's lives.

The two authors are highly expert, yet chose to write this book in plain English. The explanations are extremely clear. Everything they say is practical -- no schmoozing, sympathizing, or cheerleading. The subject is treated in a unified, well-organized, and thorough manner, not a hodge-podge of scattered ideas like most books about learning impairments for the general public. I would give this book the highest recommendation for teachers to read, and it's also good for parents of children who are hyperactive. One word of caution, though -- it is about children who are hyperactive, not children who are ADHD/inattentive type.

In this book, I have found a clearly written explanation of Hyperactivity and its' underlying causes. The book doesn't pretend to be the "cure-of-the-day." Instead, it sets the reader upon a path of discovery. Discovery that can eventually stop the behavior of hyperactivity altogether by changing deep-rooted and detrimental habits. All of this in a concise, 200-page, manual of exercises, diagrams, pictures, and instructions. Quite a remarkable work, indeed.

Good book.

We bought this book trying to find drug-free way to stop our son's ADHD, but it turned out to be useless. Most of the book is general information about the signs of ADHD, statistics and classification of methods of correction. We knew all this things even without this book. There was too little information about how to actually help your child. Don't waste money. You can find more information in Internet.

More unproven pseudoscience marketed to desperate parents. Perhaps it works for some tiny sliver of the hyperactive population, but if it were effective on a broad scale, more people would be suggesting it who aren't profiting. To me this is just another way to waste your time and money and humiliate your child with something very unlikely to help. It creates false hope and diverts resources from people and interventions that have been proven to make a positive impact.

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