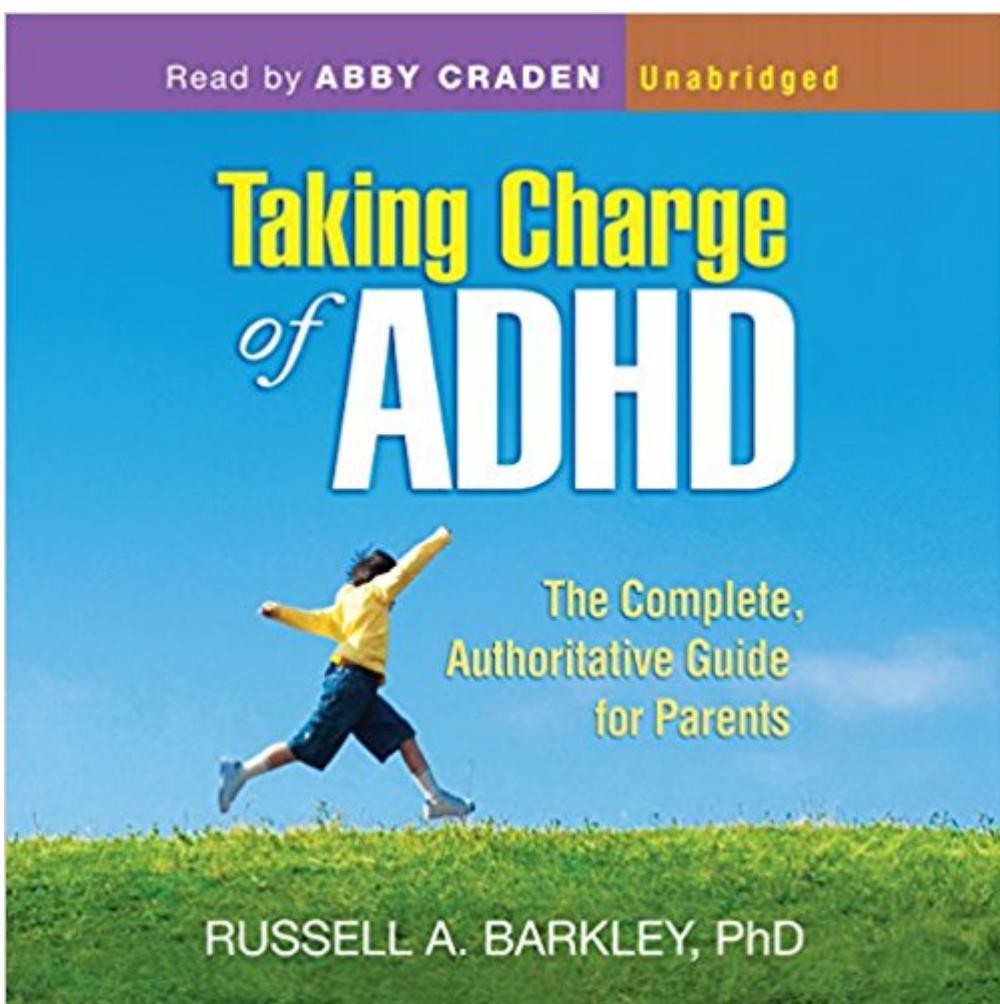


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# Taking Charge Of ADHD: The Complete, Authoritative Guide For Parents (Third Edition)



## **Synopsis**

The newest edition of a proven bestselling guide for anyone helping a child or youth manage their attention deficit hyperactivity disorder. From distinguished researcher/clinician Russell A. Barkley, this treasured parent resource gives you the science-based information you need about attention deficit hyperactivity disorder (ADHD) and its treatment. It also presents a proven eight-step behavior management plan specifically designed for six- to eighteen-year-olds with ADHD. Offering encouragement, guidance, and loads of practical tips, Dr. Barkley helps you: Make sense of your child's symptoms. Get an accurate diagnosis. Work with school and health care professionals to get needed support. Learn parenting techniques that promote better behavior. Strengthen your child's academic and social skills. Use rewards and incentives effectively. Restore harmony at home. Updated throughout with current research and resources, the third edition includes the latest facts on ADHD medications and what causes or does not cause ADHD.

## **Book Information**

Audio CD: 1 pages

Publisher: Author's Republic and Blackstone Audio; Unabridged 3rd edition (November 24, 2015)

Language: English

ISBN-10: 151890002X

ISBN-13: 978-1518900020

Product Dimensions: 5.3 x 1.9 x 5.8 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 124 customer reviews

Best Sellers Rank: #1,476,728 in Books (See Top 100 in Books) #120 in Books > Books on CD > Children's Fiction > Educational #260 in Books > Health, Fitness & Dieting > Children's Health > Learning Disorders #429 in Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders

## **Customer Reviews**

"An invaluable, comprehensive resource. The book arms you with the most current scientific facts, including a clear explanation of executive functions and their role in ADHD. Dr. Barkley has a gift for providing practical, easy-to-understand guidance that empowers you to become an effective advocate for your child." --Chris A. Zeigler Dendy, MS, author of *Teaching Teens with ADD, ADHD, and Executive Function Deficits*"This book features pioneering research that provides new insight into preventing ADHD from becoming a major obstacle in a child's (and parent's) life...Parents will

appreciate having this book on hand, and teachers will want a copy to show parents who are ready for a resource." --Intervention in School and Clinic"Dr. Barkley is a foremost researcher who has devoted his career to teaching and helping those with ADHD. This book brings together in one place, everything that parents need, to cope with daily challenges and make important decisions about their child's care. Dr. Barkley's knowledge, brilliance, and dedication shine through on every page like a beacon of hope." --Edward M. Hallowell, MD, coauthor of Driven to Distraction

Russell A. Barkley, PhD, a leading scientific authority on ADHD, is clinical professor of psychiatry and pediatrics at the Medical University of South Carolina in Charleston. He is a recipient of awards from the American Academy of Pediatrics and the American Psychological Association, among other honors. The author of numerous bestselling books for professionals and the public, including *Taking Charge of Adult ADHD*, Dr. Barkley lectures worldwide and makes frequent media appearances. He has worked with children and families for over thirty-five years.

I am really disappointed. This book was supposed to be the "go to" resource for all things ADHD. Unfortunately, it is really focused on hyperactivity and bad behavior. I endured a large part of the book before he notes that inattentive ADHD is not covered by the book, but for a brief blurb where he posits inattentive ADD(nonhyper) is really "sluggish cognitive tempo"-his theory really doesn't fit my child at all. One pro is that he does provide a very thorough rebuttal to common misconceptions like "ADHD didn't exist before now, doesn't exist in other countries, is caused by diet or tv" etc. But, it is also not an engaging read, and as another reviewer stated a lot of it is really basic parenting—"make sure to notice your kid being good," "take time for yourself," etc. I had checked out the Book "Driven to Distraction" before buying this. It was infinitely better, in my opinion. It covered both hyper and nonhyperactive ADHD and was incredibly informative and engaging. Also it is written by adult psychologists who have ADD. I liked their perspective that people with ADD/ADHD have a lot of strengths—they are typically charming and more creative—and a lot to offer if they get the right help and coping mechanisms. I feel like there is a tone in the Barkley book that kids with ADHD are kind of broken.

This book was the first one that I turn to when I found out my son was diagnosed with ADHD. I've only been to a few chapters so far but this book has helped me out dramatically with what's actually going on in his head to how we can better communicate with him. I especially like the medications section in the end of the book. It has helped me understand what the doctors are talking about when

we talk about different medications.

I'm writing this review because when I bought this book, the first reviews showing on my page were quite negative, and that troubled me because this book has been a game changer and a lifeline for me and my seriously ADHD teenage daughter, in a way that no other single book has been. That's mostly because, unlike other books I've read, Barkley addresses directly and proposes clear, practical, simple remedies for dealing with the incessant and destructive parent/child behavioral conflicts that have often dominated our life at home -- and that other recommendations had done very little to improve. This book deals head on with that "elephant in the room", something that was so obviously "wrong" in our lives, but that I couldn't understand because I'd done all the "right" things, including medication, behavioral therapy, academic support and trying to be a loving, understanding and firm parent. Anyone who's been there will understand, and this is the one book that really helped. Also, in defense of Barkley's serious and informed writing style, this is, of course, very serious material. For something as profound as a young person's mental health and future, it's important to know the scientific bases for the author's analysis and recommendations. Yes, there are more conversationally written books out there on this subject, which may be an easier read for some, but there's nothing abstruse or hard to read about this one, and its author imparts a lifetime's clinical and academic experience. There are many observations and surprising insights throughout the text (for example, research shows that non-intrusive background music can help ADHD kids focus on an academic task whereas complete silence or overly stimulating music is less likely to help). This book has a program for behavioral intervention at home that can be modified for a teenager, and gives simple, clear guidance on the difficult issue of how much and in what way it may be necessary to involve yourself with your teenager's school, while at the same time allowing the teen the self determination that's critical to her growth at this age. It's more densely written than some, and that's as one would expect from a worldwide leader in the field of ADHD research. I've found other books helpful on the interface of parent and ADHD teen (e.g. "Ready for Takeoff" (Maitland & Quinn), and my daughter has "The ADHD workbook for teens" (Lara Honos-Webb) which has helped her to voice her frustrations and fears, and to accept and take charge. However, I haven't yet seen any book as comprehensive and as helpful as this, and I'd urge any parent with a serious situation to read it.

This is a very enlightening book and even before I'd finished the first chapter, I felt like I'd been given so much insight into my son and his challenges. I am getting so much out of this book that I

bought a copy for my husband, so we can each read at our convenience (and highlight and underline, etc in our own copies) I think this book should be required reading for any professionals that deal with children on a regular basis. The misconceptions it clears up could be life changing for many individuals.

If your child has ADHD, and you feel lost, I highly recommend this book.

The beginning is a little more lengthy than necessary, but overall good, essential information. We used a lot of helpful advice from this book. This guy has youtube videos as well you might check out.

Great science based book filled with case studies and years of research.

Required reading for parents facing ADHD. This book dispells several myths and provides very practical guidance.

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