



# Understanding ADHD: The Definitive Guide to Attention Deficit Hyperactivity Disorder

*Dr. Christopher Green, Kit Chee*

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## **Understanding ADHD: The Definitive Guide to Attention Deficit Hyperactivity Disorder** Dr.

Christopher Green, Kit Chee

Albert Einstein had it. Winston Churchill had it.

Is your child also suffering from A.D.H.D.?

Though medical science has known about Attention Deficit Hyperactivity Disorder for almost one hundred years, for most of us A.D.H.D. remains a new and baffling condition. Now, at last, here is a clear and comprehensive guide to this common disorder.

As renowned pediatrician Dr. Christopher Green explains, A.D.H.D. is actually a cluster of behaviors--including inattentiveness, impulsiveness, and overactivity--that causes children (mostly boys) to underachieve at school and behave poorly at home despite high intelligence and quality parenting. Understanding A.D.H.D. covers every aspect of the disorder, from diagnosis to treatment. Inside you'll discover

- „ How to tell if a child has A.D.H.D.
- „ Practical solutions to common behavior problems at home and school
- „ When and how to medicate your child
- „ The best sports for someone with A.D.H.D.
- „ Measures to take for building self-esteem
- And much more!

Informative, reassuring, and up-to-date, Understanding A.D.H.D. is an invaluable resource for parents, teachers, and health professionals.

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