



Parenting Children with ADHD: 10 Lessons That Medicine Cannot Teach (Lifetools: Books for the General Public)

Vincent J. Monastra

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Over the past 30 years, Dr. Monastra has treated more than 15,000 clients who have ADHD. In this indispensable book he shares the knowledge he has gained. Engaging and straightforward, the book is directed at parents of children who have, or might have, ADHD. In a conversational style, Monastra offers a series of sequential lessons, beginning with the causes of ADHD and the most common medical treatments. He discusses all the relevant issues for parents, including psychological treatment, diet, educational laws, and practical coping strategies for both parents and children.



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