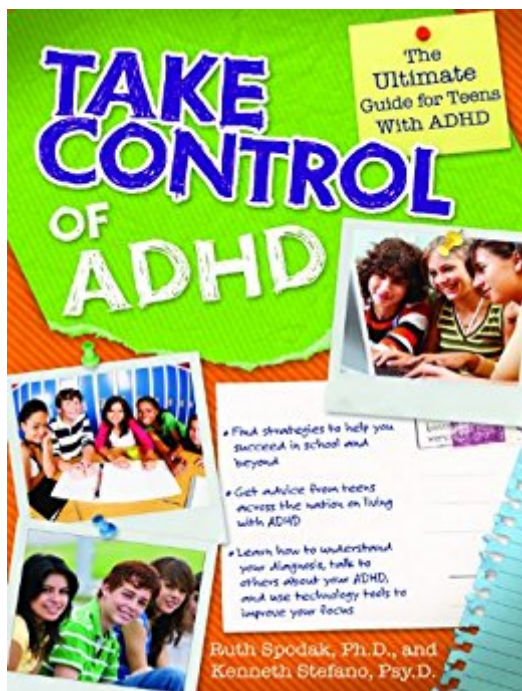


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# Take Control Of ADHD: The Ultimate Guide For Teens With ADHD



## Synopsis

Take Control of ADHD: The Ultimate Guide for Teens With ADHD is the ultimate handbook for teens with ADHD to help them take control of their disorder and find success in school and in life. By creating the "ADHD Action Plan" discussed in the book, readers will recognize how ADHD affects them, discover coping strategies and technology tools to improve their focus, and develop a self-advocacy plan they can use immediately. The book presents the latest research and information on ADHD in a conversational style that teens can understand easily, allowing them to develop a better understanding of their disorder. By including suggestions from teens with ADHD, the authors offer tons of advice, information, and ideas for students, from students just like them. This handy guidebook is sure to help teens with ADHD learn to refocus their attention and find success in school and beyond!

## Book Information

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## Customer Reviews

This book is outstanding. Information are accurate and the book is so easy to read through. It helps

a lot for explaining the typical problems of ADHD/Executive functioning deficiency. Particularly helpful reading this book for IEP formation. It helps to spell out the problems/deficiencies and strategies for addressing them. It's not a cure, but it provides the necessary information one needs to understanding the problems and know what to try.

I got this for my friend whose son has ADHD and is an easy read for parents and teens with ADHD to understand what it is like to having divided attention.

This is an informative book on ADHD. Having a family member diganosed with ADHD I wanted to learn all I could about the subject and this book was very helpful.

This is a superb resource for teens with ADHD and for their families. Drs. Spodak and Stefano speak with great respect for their readers, never "talking down" or oversimplifying. The book covers the biology of ADHD, treatment and helpful strategies at home, at school, and in social situations. At the end of the book is a worksheet for the teen to utilize. The book also notes that each person with ADHD will experience it a bit differently. And to make that point more clearly, the stories of two different teens with ADHD are followed through the book. For the teen who needs to find some personalized way to identify, this is a great device. It shows exactly how different issues might look in a human way. Wisely, each chapter has the major points summarized at the end. What a smart strategy for their readers, who need the critical information extracted, and can also use the reinforcement. The graphics are compelling and informal, which adds to the whole feel of the book being designed for teens with ADHD. As you can see, the book utilizes a variety pack of entry points for teens with ADHD, which shows how well Dr. Spodak and Dr. Stefano know their readers, who will each access this information in a different way. Bravo for the two Dr. S's!!!

"Take Control of ADHD" by Drs. Spodak and Stefano, designed as a "Guide For Teens," is exactly that. It is written for teenagers! The content is based on questions teenagers have asked the authors over the years. The authors use the second person, 'you', throughout the guide to reinforce the conversational tone of the text. Teenagers' questions formed the chapters which cover what ADHD is, brain function, symptoms, duration and treatment. Five of the nine chapters cover treatment: medication, school accommodations, the law, available technology, and how to self advocate. The clarity designed for teenagers reading this guide works for all of us. The authors take a complex issue, present the facts, and provide clear strategies for success. In addition, they

present the progression of two teenagers at the end of each chapter, who represent the diversity of symptoms that are part of ADHD. Through these real case examples, we appreciate and can identify with the difficulties, struggle to achieve and ultimate accomplishments with very practical supports along the way. This guide is a highly successful personal conversation with teens who must deal daily with the impact of ADHD on their lives and on those around them. It is therefore equally successful as a guide for the parents and the educators. I am making sure that there will be several copies of this guide in my office which I will gift the teenagers who are referred to me for assessment of language-based learning issues.

Bravo! Drs. Spodak and Stefano have created a comprehensive and very organized guide for ADHD. Although written for teens, it can also be used as a resource for their parents and teachers. I have been a special education teacher for 25 years. Everything that I've wanted to communicate to my students about ADHD is finally here in one easy-to-read book! It is clear that these authors truly understand the challenges faced by teenagers. Thank you! My only hope is that the book becomes audio for those teens on-the-go!

The book has some really good basic info laid out in easy to read and understand sections. But if you already know some about ADD, you will probably not learn much new. It's a basic guide but that's about all.

Drs. Spodak and Stefano have done an excellent job of creating this guide with wisdom, compassion and understanding. In easy to follow language they help the reader understand what ADHD is, how it can be addressed, and how to advocate for the young person so diagnosed. The authors use the example of a young man and young woman to illustrate the points of each chapter, making the information even more real for the reader. Valuable resources (books, organizations, websites) are also provided for further exploration and assistance. This is a tremendous addition to the popular literature on ADHD!

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