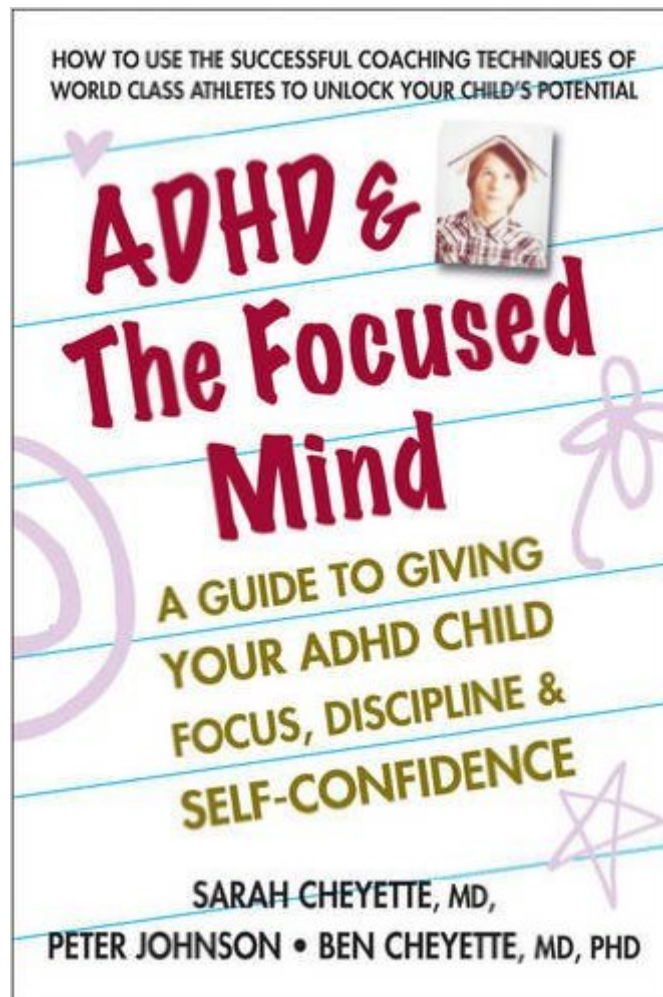


The book was found

ADHD & The Focused Mind: A Guide To Giving Your ADHD Child Focus, Discipline & Self-Confidence



Synopsis

As a young boy, his difficulty in concentrating was diagnosed as ADHD. In school, his mind always seemed to wander until he found an activity that he liked. By using that one activity, his mother was able to teach him to focus and develop self-discipline. Debbie Phelps found a way to reach past her son's ADHD and that young boy, Michael Phelps, went on to win twenty-two Olympic medals and break thirty-nine world records in swimming. Now the principle that guided Debbie Phelps' approach is the subject of this breakthrough title. Written by three experts in their fields—a pediatric neurologist, a psychiatrist, and a martial arts instructor—ADHD & the Focused Mind provides a complete program for instilling the ability to focus in both children and adults with Attention Deficit Hyperactivity Disorder. For centuries, martial arts teachers have taught their young students the art of combat, from Aikido to Karate to Taekwondo. However, as varied as each form of martial arts may be, they all share an underlying skill, and it is the same skill that world class athletes have in common. They all base their techniques on the ability to clearly focus on the task that is in front of them, whether it's defeating an opponent or coming in first. In this book, the authors have created a unique coaching program that focuses on acquiring this very skill to overcome ADHD. The book begins by explaining the common signs of ADHD. It then looks at the brain and discusses what researchers have discovered about Attention Deficit Hyperactivity Disorder. The remaining chapters detail the components of the program, including its principles, its goals, and the practical ways in which these goals can be achieved. The authors recognize that all children are different, so the program has the flexibility to work within a child's comfort level while still attaining the necessary level of discipline. The text concludes with a discussion of medications and ADHD, and what's right for your child. Some of the most successful people in the world have ADHD, but just like star athletes, they have discovered that developing their own unique ways of focusing enables them to get ahead. ADHD & the Focused Mind provides coaching techniques that can profoundly improve the life of any child suffering from Attention Deficit Hyperactivity Disorder.

Book Information

Paperback: 260 pages

Publisher: Square One (February 15, 2016)

Language: English

ISBN-10: 0757004148

ISBN-13: 978-0757004148

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars Â Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #109,275 in Books (See Top 100 in Books) #47 inÂ Books > Health, Fitness & Dieting > Children's Health > Learning Disorders #178 inÂ Books > Parenting & Relationships > Special Needs > Disabilities #2002 inÂ Books > Parenting & Relationships > Parenting

Customer Reviews

An invaluable resource! "ADHD & The Focused Mind" is the most helpful and resourceful handbook I have read on ADHD. Drs. Cheyette wrote this book with much care and research and the content applies to children and teenagers. The tips on doing homework, organization and minimizing electronic distractions are invaluable. Thank you for informing the reader of specific apps that can be used to block specific websites temporarily while your child is using the computer. Also good advice, is the S.M.A.R.T. strategy for setting goals and reminding your child what it is that they ultimately want to achieve. This book has many resolutions to ADHD related issues & will be a permanent fixture on my bookshelf. Thank you!

Martial arts and ADHD, are they connected? Yes, they are connected in that the techniques of discipline and focus are helpful to individuals with ADHD. This book has a local author in Peter Johnson, a 7th degree black belt holder in Karate and owner of a Karate school in San Bruno. He uses his coaching skills with children with special needs in his classes. The other two authors are a pediatric neurologist and a psychiatrist, both experts in ADHD. The chapters progress as a teacher would plan his classes. We learn about ADHD, plan and set goals to succeed. The person with ADHD learns about himself and trains to focus with self-discipline and goes on to be a part of a team and accepts defeat as temporary. We learn how to choose a "coach" to work with our child and consider the possibility of using medication as a tool. It is a book that is well-organized and very easy to use. It has a Contents Page, Conclusion, Resources, Homework Log, References, Authors and Alphabetical Index.

[Download to continue reading...](#)

ADHD & The Focused Mind: A Guide to Giving Your ADHD Child Focus, Discipline & Self-Confidence Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) ADHD: Stories Of Those With Attention Deficit Hyperactivity Disorder And How They Overcame It (Adhd Children, Adhd adult, Adhd parenting, Adhd without ... Adhd

advantage, adhd effect on marriage) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Positive Discipline for Preschoolers: 10 Tips on Making Your Child Responsible and Confident (Positive Discipline, Positive Discipline for Preschoolers, Positive Discipline In The Classroom) Child Discipline Made Easy: Effective Strategies Proven to Change Your Child's Behavior While Maintaining A Healthy Relationship (Child discipline, toddler discipline, parenting) 10 Days To Lifetime Self-Discipline: The Fastest Path To Motivation And Willpower (Self-Confidence, Self-Belief, Strategies, Develop Discipline, Achieve your Dreams) Confidence: Simple Confidence Building Tips That Will Destroy Your Shyness & Help You Become Confident In Any Situation, 3rd Edition (Self-Confidence, ... Anxiety, Confidence, Charisma, Introvert) Mental Toughness for Peak Performance, Leadership Development, and Success: How to Maximize Your Focus, Motivation, Confidence, Self-Discipline, Willpower, and Mind Power in Sports, Business or Health NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self-Discipline: Become A Greek Spartan: Everything You Need to Know to Transform Your Life into A Modern Day Spartan & Gain More Confidence, Hunger and ... (Greek Spartan Mindset, Spartan Discipline) Self Esteem: Mastering Your Life!- Building High Self Esteem, Confidence and Defeating Doubt (Self Esteem, confidence,doubt) Navy Seal: Self-Discipline: Greatest Lessons of The Toughest Soldiers: Self Confidence, Self Control, Mental Toughness, Resilience Football: What You Need to Know to Have Skill, Smarts, Focus & Confidence (Fantasy Football, Strength Training, Rugby, Mindset, Mental Toughness, Self-Discipline, Grit) ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) NLP: Essential Crash Course to Harnessing the Power of NLP for: Mind Control, Hypnosis, & Self Confidence (Psychology of Success, Confidence, Motivation, Communication, Emotions, Behavior Book 1) 10 Days to Superhuman Confidence: Cure Social Anxiety, Destroy Doubt, and Live Fearlessly (Self-Confidence, Charisma, Introvert, Self Esteem, Success) (SUPERHUMAN IMPROVEMENT) A New Way to Win: How To Resolve Your Child Custody Dispute Without Giving Up, Giving In, or Going Broke Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)