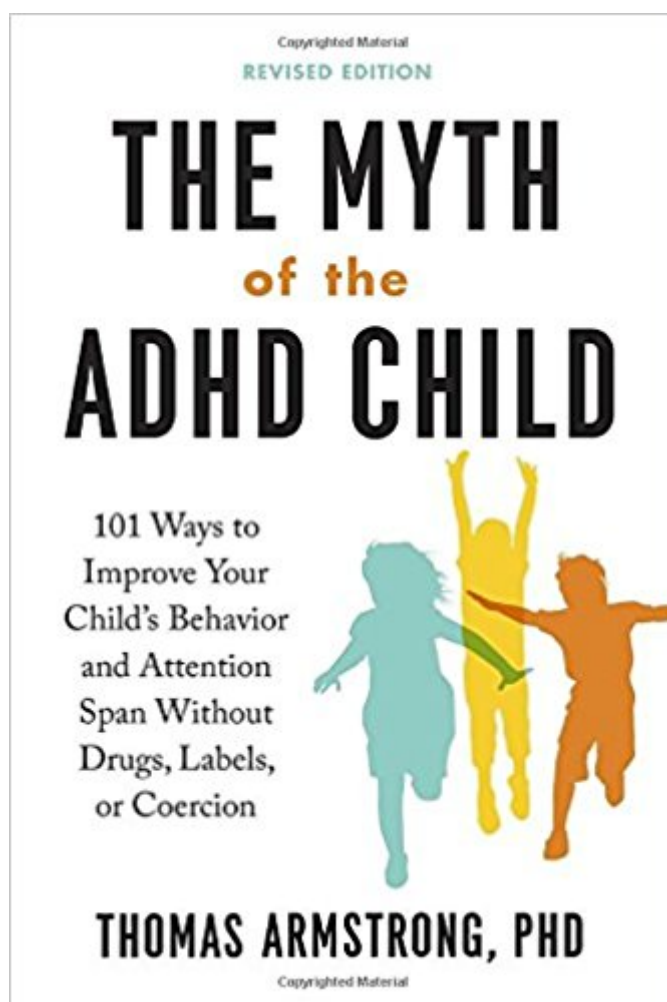


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# The Myth Of The ADHD Child, Revised Edition: 101 Ways To Improve Your Child's Behavior And Attention Span Without Drugs, Labels, Or Coercion





## Synopsis

A fully revised and updated edition of the groundbreaking book on tackling the root causes of children's attention and behavior problems rather than masking the symptoms with medication. More than twenty years after Dr. Thomas Armstrong's *Myth of the A.D.D. Child* first published, he presents much needed updates and insights in this substantially revised edition. When *The Myth of the A.D.D. Child* was first published in 1995, Dr. Thomas Armstrong made the controversial argument that many behaviors labeled as ADD or ADHD are simply a child's active response to complex social, emotional, and educational influences. In this fully revised and updated edition, Dr. Armstrong shows readers how to address the underlying causes of a child's attention and behavior problems in order to help their children implement positive changes in their lives. The rate of ADHD diagnosis has increased sharply, along with the prescription of medications to treat it. Now needed more than ever, this book includes fifty-one new non-drug strategies to help children overcome attention and behavior problems, as well as updates to the original fifty proven strategies.

## Book Information

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## Customer Reviews

"absolutely essential reading for parents, teachers, and others concerned with children who struggle. Armstrong provides a lucid and comprehensive response to the tragic overuse of medication for America's children. Bursting the myths of an established brain deficit, a single cause, and long-term effectiveness of drugs, Armstrong discusses parental options with compassion." - L. Alan Sroufe, Ph.D. Professor Emeritus of Child Psychology, Institute of Child

Development, University of Minnesota

“Thomas Armstrong, author of a pioneering series of books on neurodiversity, offers practical alternatives for parents who want to enable their ADHD-diagnosed children to tap the natural strengths of their atypical minds, manage stress, and express their creative intelligence without relying solely on medication. An inspiring guide to helping your kids live up to their fullest potential.” - Steve Silberman, author of NeuroTribes: The Legacy of Autism and the Future of Neurodiversity

“I love this book! If you feel like you are at the end of your rope, *The Myth of the ADHD Child* gives you lots and lots more rope – 101 tools to help your child thrive. This book is masterful in problem solving and will give you hope that there is always something more you can try.” - Dr. Lara Honos-Webb author of *The Gift of ADHD*, [www.addisagift.com](http://www.addisagift.com)

“At a time when ADHD and the medications used to treat it are growing by leaps and bounds, Thomas Armstrong asks parents to think critically about the ADHD diagnosis, to value the uniqueness of their children’s different rhythms of learning, attending, and behaving, and to appreciate and use the wide range of non-drug strategies that are out there to help their kids prosper in school and flourish in life.” - Michele Borba, Ed.D., author of *The Big Book of Parenting Solutions*, *Building Moral Intelligence*, and *UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World*

“Parents everywhere should read this book, not just those with kids diagnosed with ADHD! Thomas Armstrong presents a wealth of strategies, ideas, tips, and resources that will help parents nurture kids who feel good about themselves, who have skills for coping with life’s challenges, and who practice learning strategies that will help them succeed in the classroom and beyond. I wholeheartedly recommend *The Myth of the ADHD Child*!” - Jack Canfield, Coauthor of the *Chicken Soup for the Soul* series and *The Success Principles*

“This is a fabulous book. Not only does Armstrong explain with balance and clarity the evidence-based problems associated with the concept of ADHD; he also provides a wealth of practical ideas, resources, and approaches to help the parents of any kid who is presenting with challenging behaviour, especially those who have or might attract a diagnosis of ADHD. Professionals and parents alike will benefit enormously from reading this.” - Sami Timimi, M.D. Consultant in Child and Adolescent Psychiatry, Lincolnshire Partnership NHS Foundation Trust and Visiting Professor of Child Psychiatry and Mental Health Improvement, Lincoln University

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Thomas Armstrong, Ph.D., is a psychologist, learning specialist, and consultant to educational

groups around the world. He has written for Family Circle, Ladies' Home Journal, and Parenting magazine, and is the author of sixteen books, including *Awakening Your Child's Natural Genius*.  
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Dr. Armstrong has a long history of brilliant insights into how minds and personalities operate. His conclusions in this book emphasize solid practical approaches vs clinical ones. He gives hope and reassurance that "ADHD" labels are just labels, not sentences to a medicated future.

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The Eyesight Improvement Cure: How To Improve Your Vision Naturally Without Glasses, Lenses

Or Surgery (eyesight, eyesight improvement, eyesight improvement ... naturally, how to improve your vision) Hypertension and You: Old Drugs, New Drugs, and the Right Drugs for Your High Blood Pressure How To Stop Hair Loss Naturally: Learn various ways to stop your hair loss and regrow your hair without the use of expensive and harmful drugs What to Expect When Parenting Children with ADHD: A 9-step plan to master the struggles and triumphs of parenting a child with ADHD

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