

The Gift of ADHD: How to Transform Your Child's Problems into Strengths

By Lara Honos-Webb PhD

Download now

Read Online

The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD

As a parent, you already know that your child has many gifts. What you may not know is that attention-deficit hyperactivity disorder (ADHD) related symptoms—the very qualities that lead him or her to act out and distract others—may be among them.

This second edition of ***The Gift of ADHD*** includes compelling new research indicating that the impulses that lead your child to act exuberantly may correspond with unusual levels of creativity and a heightened capacity for insight into the feelings and emotions of others. Could it be that ADHD is not a hindrance, but an asset in our fast-paced digital age?

ADHD expert Lara Honos-Webb presents the evidence for this revolutionary concept and explains how you can help your child develop control over inattentive, hyperactive behavior and enhance the five gifts of ADHD: creativity, attunement to nature, interpersonal intuition, energetic enthusiasm, and emotional sensitivity. Filled with easy skill-building activities you and your child can do together, this book will help your child transform problematic symptoms into strengths, then build the self-esteem they need to let those gifts shine.

Download The Gift of ADHD: How to Transform Your Child&#039 ...pdf

Read Online The Gift of ADHD: How to Transform Your Child&#0 ...pdf

The Gift of ADHD: How to Transform Your Child's Problems into Strengths

By Lara Honos-Webb PhD

The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD

As a parent, you already know that your child has many gifts. What you may not know is that attention-deficit hyperactivity disorder (ADHD) related symptoms—the very qualities that lead him or her to act out and distract others—may be among them.

This second edition of ***The Gift of ADHD*** includes compelling new research indicating that the impulses that lead your child to act exuberantly may correspond with unusual levels of creativity and a heightened capacity for insight into the feelings and emotions of others. Could it be that ADHD is not a hindrance, but an asset in our fast-paced digital age?

ADHD expert Lara Honos-Webb presents the evidence for this revolutionary concept and explains how you can help your child develop control over inattentive, hyperactive behavior and enhance the five gifts of ADHD: creativity, attunement to nature, interpersonal intuition, energetic enthusiasm, and emotional sensitivity. Filled with easy skill-building activities you and your child can do together, this book will help your child transform problematic symptoms into strengths, then build the self-esteem they need to let those gifts shine.

The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD Bibliography

- Sales Rank: #193448 in Books
- Brand: Brand: New Harbinger Publications
- Published on: 2010-07-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .55" w x 6.18" l, .65 pounds
- Binding: Paperback
- 240 pages

Download The Gift of ADHD: How to Transform Your Child&#039 ...pdf

Read Online The Gift of ADHD: How to Transform Your Child&#0 ...pdf

Download and Read Free Online The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD

Editorial Review

From Publishers Weekly
A diagnosis of ADHD (attention deficit hyperactivity disorder) does more than label a child's behavior problems—it affects his or her self-esteem, relationships and future, says psychologist Honos-Webb. The way parents and teachers treat an ADHD child can mean the difference between a successful life and an unnecessarily difficult one. In this sensitive exploration of ADHD, Honos-Webb uses case studies, field research and her personal experience as a clinical psychologist and sister of a brother with ADHD to teach parents how to become advocates for their children and "reframe" their view of the disorder. While most people are familiar with the dramatic behavioral symptoms of ADHD—severe inattention and impulsiveness—there is a less-reported flip side: children with ADHD exhibit exceptional strengths that Honos-Webb sees as opportunities. These gifts include emotional sensitivity toward others, passion and exuberance, unusual problem-solving skills and a love of nature. Honos-Webb's goal is to bring these traits to light and help parents transform "symptoms into talents—or at the least, lovable eccentricities." Through interactive exercises, such as directed daydreaming and storytelling, she helps parents and children work together to rise above the negativity so often directed at them by "an outdated education system" that does little to accept and support children with ADHD. This unique book stands out from the sea of books in its field. *(Mar.)*
Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review

"You are the parent. If you can change and do what this wonderful book invites you to change and do, then you can give the most precious gift to your child—transforming your child's “problem" into a strength. Please accept the gift of this book—for your child's sake."
—Alvin R. Mahrer, PhD, professor emeritus of psychology at the University of Ottawa, Canada, and author of *The Complete Guide to Experiential Psychotherapy*

"Honos-Webb grabbed my scattered attention quickly and held it with this enlightening book, without resorting to drugs. I nervously jumped to sections such as ‘The Medical Model of Disease' and ‘Why Medications May Not Be the Answer' and found them balanced and enlightening. Then I calmed down, read the rest, and learned a lot. You will too . . . if you can pay attention."
—Thomas Greening, professor of psychology at Saybrook Graduate School and editor of the *Journal of Humanistic Psychology*

"Honos-Webb's book is a healing gift to children with ADHD and their parents, teachers, psychologists, and doctors. Taken to heart, her message could transform the lives of these children, their families, and even the educational system. *The Gift of ADHD* is a must-read for anyone whose life is touched by the unique children who are given this diagnosis. Even adults with this diagnosis should read this book to find a radically new way of understanding themselves and celebrating their own gifts."

—Lane Arye, PhD, author of *Unintentional Music: Releasing Your Deepest Creativity* and internationally known process-oriented therapist and teacher

From the Publisher
In the second edition of **The Gift of ADHD**, Lara Honos-Webb offers strategies for shifting parents' understanding of their child's attention-deficit hyperactivity disorder (ADHD) to focus on the positive traits of this diagnosis. The book also provides step-by-step cognitive behavioral exercises for helping children function effectively and improving the parent-child relationship.

Users Review

From reader reviews:

John Carter:

Information is provisions for individuals to get better life, information presently can get by anyone from everywhere. The information can be a expertise or any news even a huge concern. What people must be consider when those information which is from the former life are hard to be find than now is taking seriously which one is appropriate to believe or which one typically the resource are convinced. If you have the unstable resource then you get it as your main information we will see huge disadvantage for you. All of those possibilities will not happen within you if you take The Gift of ADHD: How to Transform Your Child's Problems into Strengths as the daily resource information.

Jeffery Whitley:

In this era which is the greater particular person or who has ability to do something more are more important than other. Do you want to become one among it? It is just simple solution to have that. What you need to do is just spending your time not very much but quite enough to get a look at some books. One of several books in the top listing in your reading list will be The Gift of ADHD: How to Transform Your Child's Problems into Strengths. This book that is certainly qualified as The Hungry Hills can get you closer in turning into precious person. By looking way up and review this book you can get many advantages.

Frank Jorge:

As we know that book is significant thing to add our understanding for everything. By a book we can know everything we want. A book is a group of written, printed, illustrated or even blank sheet. Every year has been exactly added. This publication The Gift of ADHD: How to Transform Your Child's Problems into Strengths was filled about science. Spend your time to add your knowledge about your science competence. Some people has different feel when they reading the book. If you know how big selling point of a book, you can sense enjoy to read a guide. In the modern era like now, many ways to get book that you simply wanted.

Guadalupe Hauser:

Do you like reading a book? Confuse to looking for your best book? Or your book has been rare? Why so many question for the book? But almost any people feel that they enjoy intended for reading. Some people

likes reading through, not only science book but additionally novel and The Gift of ADHD: How to Transform Your Child's Problems into Strengths or even others sources were given knowledge for you. After you know how the fantastic a book, you feel need to read more and more. Science reserve was created for teacher or even students especially. Those textbooks are helping them to increase their knowledge. In additional case, beside science book, any other book likes The Gift of ADHD: How to Transform Your Child's Problems into Strengths to make your spare time much more colorful. Many types of book like this one.

Download and Read Online The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD #T6AVRI0OXU9

Read The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD for online ebook

The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD books to read online.

Online The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD ebook PDF download

The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD Doc

The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD Mobipocket

The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD EPub

T6AVRI0OXU9: The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD