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# Adolescents And ADD: Gaining The Advantage



## **Synopsis**

Being a teenager is tough enough -- being a teenager with ADD can sometimes seem impossible! This handy book offers valuable advice from doctors and from other students with ADD to help kids achieve success in and out of the classroom. It provides tips on getting organized, dating, driving, how to achieve greater success in classes, how to stand up for one's rights, and more.

## **Book Information**

Paperback: 81 pages

Publisher: Magination Press; 1st edition (1995)

Language: English

ISBN-10: 0945354703

ISBN-13: 978-0945354703

Product Dimensions: 9 x 6 x 0.3 inches

Shipping Weight: 5.6 ounces

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## **Customer Reviews**

Grade 8 Up-Despite the author's expansive knowledge of her subject, she never loses sight of her audience. She defines Attention Deficit Disorder (ADD), explains diagnostic criteria, and discusses treatments in straightforward prose that is never patronizing. She uses a question-and-answer format throughout much of the book, anticipating virtually any question readers may have. She is realistic in her discussion of the havoc this disability may wreak, yet she maintains that young people can learn to live with it, especially if they are willing to work hard and keep a positive attitude. Her discussion of various medications and their possible side effects is especially useful and informative. The author is extremely positive when outlining the steps individuals with ADD may take in order to gain greater autonomy, and does an excellent job of putting the disorder in perspective. Teens may particularly appreciate the inclusion of first-person accounts by ADD youths, as they share practical coping strategies, including developing time management skills. The book's one drawback is its black-and-white photographs, which are of poor quality and feature mostly white teens. That concern aside, this text should be a fine addition. Jerry D. Flack, University of Colorado

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[The author] never loses sight of her audience...straightforward prose that is never patronizing. --  
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