

# [PDF] The Gift Of ADHD: How To Transform Your Child's Problems Into Strengths

**Lara Honos-Webb, Scott Shannon MD - pdf download free book**

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**Books Details:**

Title: The Gift of ADHD: How to Tran  
Author: Lara Honos-Webb, Scott Shann  
Released: 2010-07-01  
Language:  
Pages: 240  
ISBN: 1572248505  
ISBN13: 978-1572248502  
ASIN: 1572248505



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**Description:**

**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she helps parents and children work together to rise above the negativity so often directed at them by "an outdated education system" that does little to accept and support children with ADHD.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.)

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## 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, Ph.D., 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, Ph.D., author of *Unintentional Music: Releasing Your Deepest Creativity* and internationally known process-oriented therapist and teacher

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