Your Defiant Teen, Second Edition - Russell A. Barkley 2013-10-17 If life with your teen has become a battleground, it's time to take action. This empathic book shows how. Trusted psychologists who have worked with thousands of families give you the tools you need to overcome defiance and get teen behavior back on track. By following the authors' clinically proven 10-step program, learn how you can: *Reestablish your authority while building trust. *Identify and enforce nonnegotiable rules. *Use rewards and incentives that work. *Communicate and problem-solve effectively—even in the heat of the moment. *Restore positive feelings in your relationship. *Develop your teen's skills for becoming a successful adult. Vivid stories and answers to frequently asked questions help you put the techniques into action. The updated second edition incorporates new scientific research on why some teens have more problems with self-control than others. Practical forms and worksheets can be immediately cut and pasted in a convenient 8 1/2" x 11" size. Mental health professionals, see also the authors' Defiant Teens, Second Edition: A Clinician's Manual for Assessment and Family Intervention. For a focus on younger children, see also Dr. Barkley's Defiant Children, Third Edition (for professionals), and Your Defiant Child, Second Edition (for parents).

Adventures In Fast Forward - Kathleen G. Nadeau 2013-04-15 Written in response to common questions posed by adults with ADHD in the author's clinical practice—and for all adults with ADHD, as well as those who care about them—this book is designed as a clear and practical guide for day-to-day life. The author's perspective is one of compassionate realism as she answers specific questions related to understanding and accommodating ADHD whether making daily decisions orlarge life choices.

Just Ask! - Sonia Sotomayor 2019-09-03 Feeling different, especially as a kid, can be tough. But in the same way that different types of plants and flowers make a garden more beautiful and enjoyable, different types of people make our world more vibrant and wonderful. In Just Ask, United States Supreme Court Justice Sonia Sotomayor celebrates the different abilities kids (and people of all ages) have. Using her own experience as a child who was diagnosed with diabetes, Justice Sotomayor encourages kids and parents to be open to different abilities. When kids feel like asking questions of each other along the way, this book encourages readers to do the same. What we learn from one another is often the very thing that makes us who we are.

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