



Good Horse Sense to Help Manage ADHD

David E Miller Ph D Psychologist

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As a Christian psychologist who has worked with hundreds of children and adolescents experiencing problems with ADHD, Dr. David Miller has created a simple two-part workbook designed for these children and their parents. The workbook promotes several activities and illustrations for the child to color as they work through the workbook. These activities are designed to help children learn ten coping skills and ten additional helpful tools to better manage this condition. Rather than see ADHD as a "disorder," the workbook promotes seeing it as a "condition" for which one can learn to manage. Since children typically enjoy horses, the workbook is told from the main character's perspective-ROWDY, a miniature horse who has ADHD. The coping skills are presented as "common horse sense" and "additional horse sense nuggets." By working through the child's portion of the workbook, the child learns coping skills for better handling ADHD and avoiding the typical struggles and negative feelings associated with the condition. The parent's section of the workbook contains many suggestions and resource ideas for expanding their knowledge of ADHD and ways to help their children learn coping skills. Since these concepts have application to the classroom, the workbook can serve as a resource to teachers as well as parents and other personnel working with children."

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Luke Shaffer:

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Kathryn Richardson:

Why? Because this Good Horse Sense to Help Manage ADHD is an unordinary book that the inside of the book waiting for you to snap that but latter it will jolt you with the secret this inside. Reading this book close to it was fantastic author who all write the book in such amazing way makes the content interior easier to understand, entertaining way but still convey the meaning completely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This unique book will give you a lot of advantages than the other book have got such as help improving your skill and your critical thinking means. So , still want to hold off having that book? If I have been you I will go to the e-book store hurriedly.

Lidia Mejia:

Good Horse Sense to Help Manage ADHD can be one of your starter books that are good idea. Many of us recommend that straight away because this reserve has good vocabulary that may increase your knowledge in vocabulary, easy to understand, bit entertaining however delivering the information. The article author giving his/her effort to set every word into enjoyment arrangement in writing Good Horse Sense to Help Manage ADHD yet doesn't forget the main level, giving the reader the hottest in addition to based confirm resource info that maybe you can be one of it. This great information can easily drawn you into brand-new stage of crucial considering.

Francis Lopez:

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