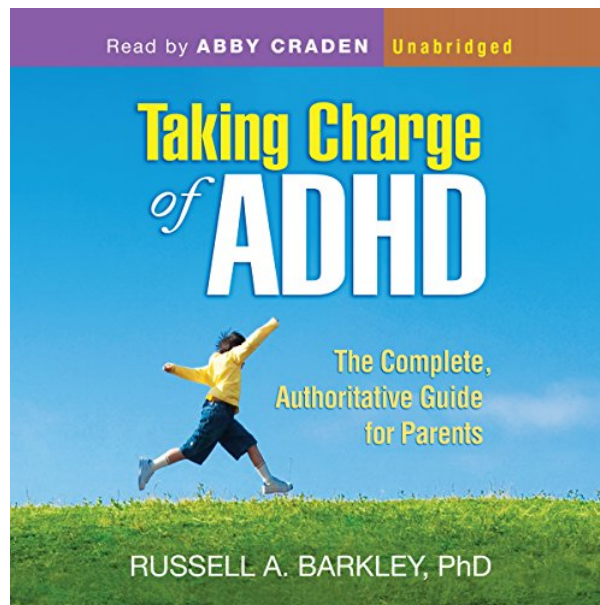
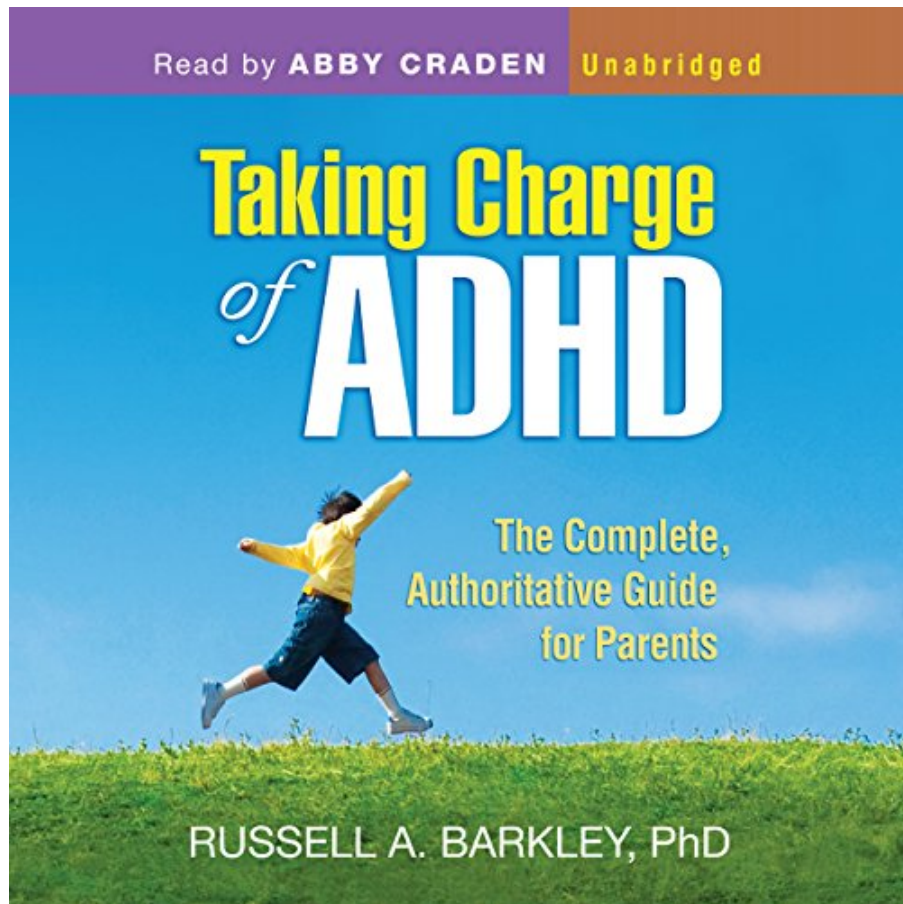


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Review

"An invaluable, comprehensive resource. The book arms you with the most current scientific facts, including a clear explanation of executive functions and their role in ADHD. Dr. Barkley has a gift for providing practical, easy-to-understand guidance that empowers you to become an effective advocate for your child." -- Chris A. Zeigler Dendy, MS, author of Teaching Teens with ADD, ADHD, and Executive Function Deficits

"This book features pioneering research that provides new insight into preventing ADHD from becoming a major obstacle in a child's (and parent's) life...Parents will appreciate having this book on hand, and teachers will want a copy to show parents who are ready for a resource." --Intervention in School and Clinic

"Dr. Barkley is a foremost researcher who has devoted his career to teaching and helping those with ADHD. This book brings together in one place, everything that parents need, to cope with daily challenges and make important decisions about their child's care. Dr. Barkley's knowledge, brilliance, and dedication shine through on every page like a beacon of hope." --Edward M. Hallowell, MD, coauthor of Driven to Distraction

About the Author

Russell A. Barkley, PhD, a leading scientific authority on ADHD, is clinical professor of psychiatry and pediatrics at the Medical University of South Carolina in Charleston. He is a recipient of awards from the American Academy of Pediatrics and the American Psychological Association, among other honors. The author of numerous bestselling books for professionals and the public, including Taking Charge of Adult ADHD, Dr. Barkley lectures worldwide and makes frequent media appearances. He has worked with children and families for over thirty-five years.

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TAKING CHARGE OF ADHD: THE COMPLETE, AUTHORITATIVE GUIDE FOR PARENTS (THIRD EDITION) BY RUSSELL A. BARKLEY PDF

The newest edition of a proven bestselling guide for anyone helping a child or youth manage their attention deficit hyperactivity disorder

From distinguished researcher/clinician Russell A. Barkley, this treasured parent resource gives you the science-based information you need about attention deficit hyperactivity disorder (ADHD) and its treatment. It also presents a proven eight-step behavior management plan specifically designed for six- to eighteen-year-olds with ADHD.

Offering encouragement, guidance, and loads of practical tips, Dr. Barkley helps you:

- Make sense of your child's symptoms.
- Get an accurate diagnosis.
- Work with school and health care professionals to get needed support.
- Learn parenting techniques that promote better behavior.
- Strengthen your child's academic and social skills.
- Use rewards and incentives effectively.
- Restore harmony at home.

Updated throughout with current research and resources, the third edition includes the latest facts on ADHD medications and what causes or does not cause ADHD.

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major obstacle in a child's (and parent's) life...Parents will appreciate having this book on hand, and teachers will want a copy to show parents who are ready for a resource." --Intervention in School and Clinic

"Dr. Barkley is a foremost researcher who has devoted his career to teaching and helping those with ADHD. This book brings together in one place, everything that parents need, to cope with daily challenges and make important decisions about their child's care. Dr. Barkley's knowledge, brilliance, and dedication shine through on every page like a beacon of hope." --Edward M. Hallowell, MD, coauthor of *Driven to Distraction*

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Most helpful customer reviews

169 of 181 people found the following review helpful.

disappointed, of no use for inattentive (non-hyper) ADD, very basic

By momof2

I am really disappointed. This book was supposed to be the "go to" resource for all things ADHD. Unfortunately, it is really focused on hyperactivity and bad behavior. I endured a large part of the book before he notes that inattentive ADHD is not covered by the book, but for a brief blurb where he posits inattentive ADD(nonhyper) is really "sluggish cognitive tempo"-his theory really doesn't fit my child at all.

One pro is that he does provide a very thorough rebuttal to common misconceptions like "ADHD didn't exist before now, doesn't exist in other countries, is caused by diet or tv" etc.

But, it is also not an engaging read, and as another reviewer stated a lot of it is really basic parenting-"make sure to notice your kid being good," "take time for yourself," etc.

I had checked out the Book "*Driven to Distraction*" before buying this. It was infinitely better, in my opinion. It covered both hyper and nonhyperactive ADHD and was incredibly informative and engaging. Also it is written by adult psychologists who have ADD. I liked their perspective that people with ADD/ADHD have a lot of strengths-they are typically charming and more creative- and a lot to offer if they get the right help and coping mechanisms. I feel like there is a tone in the Barkley book that kids with ADHD are kind of broken.

14 of 14 people found the following review helpful.

Way too negative! Have to wade through it to get to something constructive.

By Sschai

As a parent of a child recently diagnosed, I found this book to have a very negative slant with the wording. This book is supposed to help you take charge which should be empowering and positive. Using phrases like defect, problem, deficit, and burden, etc. ADHD is a disability like any other. To use the analogy I have heard many times, I don't think the author would have used this language had this book been written about someone with a visual impairment. It would be viewed as insensitive and not PC. I am only giving this book a 2 star rating instead of 1 because I'm not finished and optimistic that somehow it has useful information despite the extremely negative tone. Though also considering returning it to Amazon if I get much more frustrated!

20 of 21 people found the following review helpful.

Barkley is great and information quite valuable

By BGM

Barkley is great and information quite valuable. His recommendations and advice are valuable. Far too many have preconceived notions relative to ADHD, which severely limits the help those affected need. What was missed were all of those sensory issues ADHD/ADD people have due to the condition. I also noticed that there was no mention of an iron deficiency, which all those in my family with ADHD/ADD have showing up on blood tests without medication.

My husband and daughter both chose not to medicate until our granddaughter was diagnosed. When my daughter wanted to medicate her child I told her until her father and she sought the same treatment, I was opposed to medicating a child. Needless to say, the homeopathics helped for a time, the diet restrictions and sensory processing disorder treatment helped for a time but as they witnessed the rejection of peers, strained learning, and negative consequences in my granddaughter they experienced in their own lives, their views changed.

Today, my husband, daughter and granddaughter are in CBT, see a psychiatrist, and take medication. Their lives moved from a roller coaster ride to a life more related to a camera where they take the shot, reframe it, and move forward but that would not have happened without the medication component. .

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