

THE GIFT OF ADHD

How to Transform Your Child's Problems into Strengths

LARA HONOS-WEBB, PH.D.

Ecological Consciousness

Ecological consciousness has become an increasingly trending topic since it was named one of "Ten Ideas Changing the World Right Now" by *Time* magazine in 2009. Dr. Lara Honos-Webb believes that the heightened ecological consciousness often found in kids with ADHD could be instrumental in changing the world. This style of consciousness, though often ill-fitted with traditional teaching methods in schools, may be extremely beneficial as we usher in a new age of environmental responsibility. As the environmental benefits of an ecologically conscious generation are somewhat obvious, research also shows that time spent in nature can boost one's ability to focus, acting as a free, natural remedy for attention deficit issues.

"If an 'attention deficit' represents an increased sensitivity to the wider community of nature, then this style of consciousness is one that needs to be cultivated in order to preserve our environment—not dulled through medication. After all, it is the dulled modern style of consciousness that has led to the growing ecological crisis our culture faces."

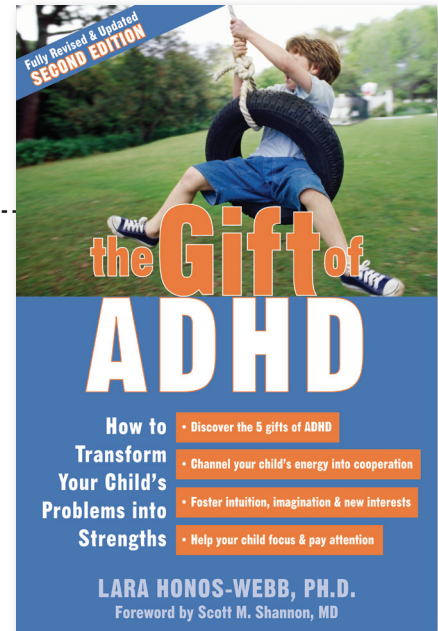
Dr. Lara Honos-Webb from *The Gift of ADHD* (2nd Edition)

Reframe your child's ADHD diagnosis to emphasize strengths

Kids with ADHD boast creativity, innate interest and understanding of the natural world, interpersonal intuition, exuberance and emotional expressiveness. But until now, treatment programs have focused almost entirely on stamping out undesirable behaviors through medication and therapy rather than emphasizing strengths. The revised and updated 2nd Edition of *The Gift of ADHD* offers an alternative approach to dealing with this common diagnosis that is geared toward fostering strengths and encouraging natural talents.

Featuring

- Awareness exercises and action strategies for channeling creative energy into positive outlets
- Advice for navigating the education and mental health systems
- Tools to effectively utilize and make informed decisions about conventional therapies and prescription drugs
- A review of the latest research on ADHD treatments
- Identification of the disorders commonly misdiagnosed as ADHD
- Exercises for parents to help them cope with some of the common feelings that arise among caregivers of kids with ADHD



**FOR MORE INFORMATION, CONTACT
Jessica Dore**

jessica.dore@newharbinger.com
510-594-6124

GIFT OF ADHD (2ND EDITION)

HOW TO TRANSFORM YOUR CHILD'S PROBLEMS INTO STRENGTHS

Lara Honos-Webb, Ph.D.

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About the Author



PHOTO BY BACOSA PHOTOGRAPHY

Lara Honos-Webb, Ph.D., is a licensed clinical psychologist in private practice in Walnut Creek, California who specializes in the treatment of ADHD, depression, and the psychology of pregnancy and motherhood. She is the author of *The Gift of ADHD*, *The Gift of ADHD Activity Book*, *Listening to Depression* and more than twenty-five scholarly articles. Her work has been featured in *Newsweek*, *Wall Street Journal*, *Publisher's Weekly*, and many newspapers across the country.

Praise

"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*, is an internationally known process-oriented therapist and teacher

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