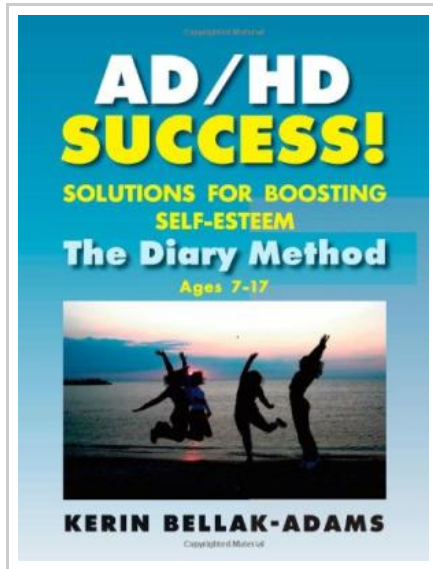



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AdHD Success Solutions for Boosting Self-Esteem: The Diary Method for Ages 7-17

By Kerin Bellak-Adams

Loving Healing Press. Paperback. Book Condition: New. Paperback. 162 pages. Dimensions: 10.8in. x 8.1in. x 0.5in. Give Kids the Power of Positive Reinforcement In ADHD SUCCESS! Solutions for Boosting Self-Esteem, ADHD expert Kerin Bellak-Adams presents a unique and practical method for working with children and adolescents who need to overcome some of the challenges that are frequently encountered in those with an ADHD diagnosis. Based on her extensive experience working with families, Bellak-Adams's proven techniques boost self-esteem while helping children achieve their full potential. Developed for ages 7 to 17, this hands-on workbook provides motivational tools that help kids experience a dramatic shift in positive attitude toward themselves, aiding them in developing new behaviors that will allow them to flourish in and out of school. Supporting exercises and worksheets help students learn time-management skills, improve communication with parents and teachers, develop accountability, increase self-discipline, and become aware of untapped strengths--putting them on the path to lifelong success! Featured in this invaluable workbook are: More than 50 reproducible diary pages that help children experience and acquire a positive attitudes self-image! Exercises that encourage children to communicate their inner thoughts, develop self-awareness, accountability, and demonstrate their courage Individualized step-by-step prompts that focus on...


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