



The Gift of ADHD: How to Transform Your Child's Problems into Strengths

By Lara Honos-Webb PhD



The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD

As a parent, you already know that your child has many gifts. What you may not know is that attention-deficit hyperactivity disorder (ADHD) related symptoms—the very qualities that lead him or her to act out and distract others—may be among them.

This second edition of *The Gift of ADHD* includes compelling new research indicating that the impulses that lead your child to act exuberantly may correspond with unusual levels of creativity and a heightened capacity for insight into the feelings and emotions of others. Could it be that ADHD is not a hindrance, but an asset in our fast-paced digital age?

ADHD expert Lara Honos-Webb presents the evidence for this revolutionary concept and explains how you can help your child develop control over inattentive, hyperactive behavior and enhance the five gifts of ADHD: creativity, attunement to nature, interpersonal intuition, energetic enthusiasm, and emotional sensitivity. Filled with easy skill-building activities you and your child can do together, this book will help your child transform problematic symptoms into strengths, then build the self-esteem they need to let those gifts shine.

[!\[\]\(faf942dc3e59ce8eb64b4ac481eca7e0_img.jpg\) **Download** The Gift of ADHD: How to Transform Your Child's Problems Into Strengths ...pdf](#)

[!\[\]\(cf531ed27e91483460120fcc057b3901_img.jpg\) **Read Online** The Gift of ADHD: How to Transform Your Child's Problems Into Strengths ...pdf](#)

The Gift of ADHD: How to Transform Your Child's Problems into Strengths

By Lara Honos-Webb PhD

The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD

As a parent, you already know that your child has many gifts. What you may not know is that attention-deficit hyperactivity disorder (ADHD) related symptoms—the very qualities that lead him or her to act out and distract others—may be among them.

This second edition of *The Gift of ADHD* includes compelling new research indicating that the impulses that lead your child to act exuberantly may correspond with unusual levels of creativity and a heightened capacity for insight into the feelings and emotions of others. Could it be that ADHD is not a hindrance, but an asset in our fast-paced digital age?

ADHD expert Lara Honos-Webb presents the evidence for this revolutionary concept and explains how you can help your child develop control over inattentive, hyperactive behavior and enhance the five gifts of ADHD: creativity, attunement to nature, interpersonal intuition, energetic enthusiasm, and emotional sensitivity. Filled with easy skill-building activities you and your child can do together, this book will help your child transform problematic symptoms into strengths, then build the self-esteem they need to let those gifts shine.

The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD **Bibliography**

- Sales Rank: #193448 in Books
- Brand: Brand: New Harbinger Publications
- Published on: 2010-07-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .55" w x 6.18" l, .65 pounds
- Binding: Paperback
- 240 pages

 [Download The Gift of ADHD: How to Transform Your Child's Problems Into Strengths ...pdf](#)

 [Read Online The Gift of ADHD: How to Transform Your Child's Problems Into Strengths ...pdf](#)

Download and Read Free Online The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD

Editorial Review

From Publishers Weekly

A diagnosis of ADHD (attention deficit hyperactivity disorder) does more than label a child's behavior problems—it affects his or her self-esteem, relationships and future, says psychologist Honos-Webb. The way parents and teachers treat an ADHD child can mean the difference between a successful life and an unnecessarily difficult one. In this sensitive exploration of ADHD, Honos-Webb uses case studies, field research and her personal experience as a clinical psychologist and sister of a brother with ADHD to teach parents how to become advocates for their children and "reframe" their view of the disorder. While most people are familiar with the dramatic behavioral symptoms of ADHD—severe inattention and impulsiveness—there is a less-reported flip side: children with ADHD exhibit exceptional strengths that Honos-Webb sees as opportunities. These gifts include emotional sensitivity toward others, passion and exuberance, unusual problem-solving skills and a love of nature. Honos-Webb's goal is to bring these traits to light and help parents transform "symptoms into talents—or at the least, lovable eccentricities." Through interactive exercises, such as directed daydreaming and storytelling, she helps parents and children work together to rise above the negativity so often directed at them by "an outdated education system" that does little to accept and support children with ADHD. This unique book stands out from the sea of books in its field. (Mar.)

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review

"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, PhD, 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, PhD, author of *Unintentional Music: Releasing Your Deepest Creativity* and internationally known process-oriented therapist and teacher

From the Publisher

In the second edition of **The Gift of ADHD**, Lara Honos-Webb offers strategies for shifting parents' understanding of their child's attention-deficit hyperactivity disorder (ADHD) to focus on the positive traits of this diagnosis. The book also provides step-by-step cognitive behavioral exercises for helping children function effectively and improving the parent-child relationship.

Users Review

From reader reviews:

David Lussier:

Why don't make it to become your habit? Right now, try to prepare your time to do the important act, like looking for your favorite guide and reading a e-book. Beside you can solve your long lasting problem; you can add your knowledge by the guide entitled *The Gift of ADHD: How to Transform Your Child's Problems into Strengths*. Try to stumble through book *The Gift of ADHD: How to Transform Your Child's Problems into Strengths* as your good friend. It means that it can for being your friend when you really feel alone and beside those of course make you smarter than ever before. Yeah, it is very fortunated for you. The book makes you much more confidence because you can know anything by the book. So , let us make new experience in addition to knowledge with this book.

Kenneth Vargas:

Have you spare time to get a day? What do you do when you have far more or little spare time? Sure, you can choose the suitable activity intended for spend your time. Any person spent all their spare time to take a go walking, shopping, or went to the particular Mall. How about open or even read a book titled *The Gift of ADHD: How to Transform Your Child's Problems into Strengths*? Maybe it is to get best activity for you. You know beside you can spend your time along with your favorite's book, you can cleverer than before. Do you agree with their opinion or you have various other opinion?

David McMillian:

Hey guys, do you would like to finds a new book to study? May be the book with the concept *The Gift of ADHD: How to Transform Your Child's Problems into Strengths* suitable to you? The actual book was written by well known writer in this era. Typically the book untitled *The Gift of ADHD: How to Transform Your Child's Problems into Strengths* is the main one of several books that everyone read now. This specific book was inspired many people in the world. When you read this reserve you will enter the new dimensions that you ever know just before. The author explained their concept in the simple way, thus all of people can easily to recognise the core of this e-book. This book will give you a great deal of information about this world now. To help you to see the represented of the world in this book.

Josephine Weeks:

As a student exactly feel bored to be able to reading. If their teacher questioned them to go to the library in order to make summary for some publication, they are complained. Just small students that has reading's internal or real their leisure activity. They just do what the professor want, like asked to the library. They go to right now there but nothing reading very seriously. Any students feel that examining is not important, boring and also can't see colorful pics on there. Yeah, it is being complicated. Book is very important to suit your needs. As we know that on this period of time, many ways to get whatever we wish. Likewise word says, ways to reach Chinese's country. Therefore this The Gift of ADHD: How to Transform Your Child's Problems into Strengths can make you feel more interested to read.

Download and Read Online The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD #9N3P0KTEQ5H

Read The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD for online ebook

The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD books to read online.

Online The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD ebook PDF download

The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD Doc

The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD Mobipocket

The Gift of ADHD: How to Transform Your Child's Problems into Strengths By Lara Honos-Webb PhD EPub