



# The Survival Guide for Kids with ADD or ADHD

*John F. Taylor Ph.D.*

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# The Survival Guide for Kids with ADD or ADHD

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**The Survival Guide for Kids with ADD or ADHD** John F. Taylor Ph.D.

What are ADD and ADHD? What does it mean to have ADD and ADHD? How can kids diagnosed with ADD and ADHD help themselves succeed in school, get along better at home, and form healthy, enjoyable relationships with peers? In kid-friendly language and a format that welcomes reluctant and easily distracted readers, Free Spirit's newest survival guide helps kids know they're not alone and offers practical strategies for taking care of oneself, modifying behavior, enjoying school, having fun, and dealing (when needed) with doctors, counselors, and medication. Includes real-life scenarios, quizzes, and a special message for parents.

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