AD/HD SUCCESS!
SOLUTIONS FOR BOOSTING SELF-ESTEEM
AGES 7-17

The Diary Method

In AD/HD SUCCESS! Solutions for Boosting Self-Esteem, AD/HD 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 AD/HD 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!

For more information, please visit www.ReachBeyondADD.com

“An excellent and practical workbook developed out of years
of experience and caring. I highly recommend this workbook.”
EDWARD HALLOWELL, M.D.
AUTHOR OF DRIVEN TO DISTRACTION & ANSWERS TO DISTRACTION

“Finally, a book FOR the kids! One that they can really use to boost
their self-esteem, along with good information for their parents to
help them understand also. It is just like having your own portable
support group—take it with you, and read and write when you feel as
though [you] need an ego boost. An easy-to-read book for everyone:
parents, teachers, students—it goes a long way in advocating
understanding of AD/HD—what it is, and what it is NOT!!!!”
THERESA C. CAVANAUGH, LTD-C
PRESIDENT, LEARNING DISABILITIES ASSOCIATION OF NEW JERSEY

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