

GIVE KIDS THE POWER OF POSITIVE REINFORCEMENT!

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!

Featured in this invaluable workbook are:

- The must-know basics of AD/HD
- The four practical steps to boosting self-esteem
- More than 50 reproducible diary pages, inquisitive prompts, and “feelings” logs
- An online home/school daily accountability sheet
- Step-by-step guidelines for maintaining self-esteem and behavioral growth
- Results-oriented activities for parents and caregivers that encourage constructive, positive actions
- Solutions for parents and teachers to improve communication skills and work toward a common goal
- Practical applications for teachers, school psychologists, and clinical practitioners on a one-on-one basis or in a group setting
- AD/HD success stories and role models
- And much more!



“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, LDT-C

PRESIDENT, LEARNING DISABILITIES ASSOCIATION OF NEW JERSEY

For more information, please visit www.ReachBeyondADD.com

AD/HD SUCCESS!
SOLUTIONS FOR BOOSTING SELF-ESTEEM

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The Diary Method

AGES 7-17



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