



[ReachBeyondADD.com](http://ReachBeyondADD.com)

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Dear Friends and Colleagues:

Welcome to the first of my new e-newsletters. I will be writing about what I believe will make a real difference in your life and the lives of those you love. I invite you to share your thoughts with me at [reachbeyondadd@aol.com](mailto:reachbeyondadd@aol.com).

Please note, I will never sell your e-mail address; it will be kept confidential. You can opt out of receiving these e-mails at any time by clicking the “unsubscribe” link at the end.

Thank you for reading,  
**Kerin**

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Here's a newsletter different from all the rest.  
It will always contain what I think is of real value.  
I will do my best.

There are links I will send from time to time,  
which I hope will suit you all just fine.  
Not always will my newsletters rhyme,  
but I will try to walk that very delicate line.

Feel free to e-mail me whenever you want.  
I will be certain to try and answer you,  
whether it is something you would like to know  
or something that will help others glow!

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## Who is Kerin Bellak-Adams?

Let me tell you a little about myself, in case you are unfamiliar with me or my work:

I am a certified coach with the International Coaching Federation and an authority in ADD/ADHD. My specialties are in boosting self-esteem and time-management skills in children and adults. As a motivational/educational speaker, I have addressed parents and educators as well as business executives and HR departments.

As a former one-on-one teacher of children with ADD, I witnessed firsthand how the constant acknowledgement and reinforcement of small accomplishments resulted in remarkably improved efforts and shifts in attitude and behavior. This is at the core of my mission to help parents, teachers, and mental health professionals achieve profound results in working with children—and is also the basis for my new book, which you can read about below.

For more information about Kerin, her work and her upcoming exciting and informative lectures please visit [www.reachbeyondadd.com/about-kerin.html](http://www.reachbeyondadd.com/about-kerin.html)

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## **Extra! Extra! Read All About It!**

I am very excited to announce that my new book, **AD/HD SUCCESS! Solutions to Boosting Self-Esteem: The Diary Method, Ages 7–17**, is about to be published. This practical workbook presents a unique approach for developing a child's self-awareness of positive behaviors—while reinforcing and maintaining those behaviors—both in school and at home. Incorporating inquisitive diary pages, “feelings” logs, self-analysis questionnaires, and writing prompts—as well as a healthy dose of encouragement and support—this resource aids parents, teachers, and caregivers in understanding a child's inner world and creating a new basis for hope, happiness, and success!

I have a surprise quite different from anything else you might expect,  
for here is finally a workbook for kids  
written to inspire them to grow  
while at the same time,  
recognize all they do right  
and offer them inner strength and new insight!

A diary to use each day  
encouraging creativity and a sense of wonder  
kids will enjoy writing in it  
whether it's sunny or there is thunder.

Parents will learn more about how their kids really think  
while discovering new parenting skills as fast as they can blink!  
As parents become inspired to learn,  
they will see their children in an even more promising light  
even more to their amazement and with a sense of delight!

Enjoy the poems, pictures, and explanation of AD/HD too  
along with success stories of kids I experienced as a teacher;  
not once did I have to be a preacher!

This workbook will muster up motivation with a dash of humor too  
the positives of AD/HD will surface once and for all  
self-esteem will have to rise  
new seeds will grow right before your eyes!

New hope will lace the future and even the past  
thank goodness self-esteem boosting is here at last!

—For more information about **AD/HD SUCCESS! Solutions to Boosting Self-Esteem: The Diary Method, Ages 7–17**, please visit:

[www.ReachBeyondADD.com/books-articles/html](http://www.ReachBeyondADD.com/books-articles/html)

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## Recommended Reading

Here are three excellent articles I would like to share with you:

[ADHD - Accomplishment and Self-Esteem](http://www.healthcentral.com/adhd/c/47623/37910/accomplishment-esteem) by C.H.A.D.D. (Children and Adults with AD/HD)

You can find the article by clicking on the link here:

<http://www.healthcentral.com/adhd/c/47623/37910/accomplishment-esteem>

[The Many Faces of ADHD: Michael Phelps, Olympic Gold Medalist](http://www.healthcentral.com/adhd/c/1443/36969/olympic-gold-medallist) by Eileen Bailey.

You can find that article by clicking on the link here:

<http://www.healthcentral.com/adhd/c/1443/36969/olympic-gold-medallist>

[Howie Mandel is raising awareness about ADHD in adults](http://www.healthcentral.com/adhd/c/57718/45566/awareness-campaign?ic=6050) by Terry Matlen, ACSW

You can find that article by clicking on the link here:

<http://www.healthcentral.com/adhd/c/57718/45566/awareness-campaign?ic=6050>

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That's all for now; until next time, remember - the joy is in the journey. Let's take it together!