



The Gift of ADHD Activity Book: 101 Ways to Turn Your Child's Problems into Strengths (Companion Companion)

By Lara Honos-Webb PhD

[Download now](#)

[Read Online](#) 

The Gift of ADHD Activity Book: 101 Ways to Turn Your Child's Problems into Strengths (Companion Companion) By Lara Honos-Webb PhD

So much depends on how you look at things: Are you a glass-half-empty person, or do you discover advantages where other people find only weaknesses? When it comes to raising healthy, happy kids, positive encouragement and support can work miracles where attempts to change and control create frustration and resentment. In her first book, *The Gift of ADHD*, psychologist Lara Honos-Webb offers a positive, strengths-affirming new way to look at kids who present behaviors associated with attention-deficit / hyperactivity disorder (ADHD). Instead of struggling to “tame” your easily distracted child, she shows you how to appreciate your child’s creativity, sensitivity, and passion for living. In this book, she develops the ideas from *The Gift of ADHD* into 101 simple and engaging activities you can use to develop your child’s unique strengths.

The chapters of the book explore ways you can shift your thinking about different aspects of ADHD. Each starts with a short discussion of how a particular challenge can be reconceived as a strength. After that, the book dives into fun and positive activities you and your child can do together—often in just a few minutes—to help develop and reinforce the gifts of ADHD.

 [Download The Gift of ADHD Activity Book: 101 Ways to Turn Y...pdf](#)

 [Read Online The Gift of ADHD Activity Book: 101 Ways to Turn Y...pdf](#)

The Gift of ADHD Activity Book: 101 Ways to Turn Your Child's Problems into Strengths (Companion Companion)

By Lara Honos-Webb PhD

The Gift of ADHD Activity Book: 101 Ways to Turn Your Child's Problems into Strengths (Companion Companion) By Lara Honos-Webb PhD

So much depends on how you look at things: Are you a glass-half-empty person, or do you discover advantages where other people find only weaknesses? When it comes to raising healthy, happy kids, positive encouragement and support can work miracles where attempts to change and control create frustration and resentment. In her first book, *The Gift of ADHD*, psychologist Lara Honos-Webb offers a positive, strengths-affirming new way to look at kids who present behaviors associated with attention-deficit / hyperactivity disorder (ADHD). Instead of struggling to “tame” your easily distracted child, she shows you how to appreciate your child’s creativity, sensitivity, and passion for living. In this book, she develops the ideas from *The Gift of ADHD* into 101 simple and engaging activities you can use to develop your child’s unique strengths.

The chapters of the book explore ways you can shift your thinking about different aspects of ADHD. Each starts with a short discussion of how a particular challenge can be reconceived as a strength. After that, the book dives into fun and positive activities you and your child can do together—often in just a few minutes—to help develop and reinforce the gifts of ADHD.

The Gift of ADHD Activity Book: 101 Ways to Turn Your Child's Problems into Strengths (Companion Companion) By Lara Honos-Webb PhD Bibliography

- Sales Rank: #304488 in Books
- Brand: Brand: New Harbinger Publications
- Published on: 2008-01-01
- Original language: English
- Number of items: 1
- Dimensions: .46" h x 5.34" w x 7.08" l, .41 pounds
- Binding: Paperback
- 168 pages

 [Download The Gift of ADHD Activity Book: 101 Ways to Turn Y ...pdf](#)

 [Read Online The Gift of ADHD Activity Book: 101 Ways to Turn ...pdf](#)

Download and Read Free Online The Gift of ADHD Activity Book: 101 Ways to Turn Your Child's Problems into Strengths (Companion Companion) By Lara Honos-Webb PhD

Editorial Review

Review

Go ahead and put these practical guidelines to work. Then you can smile at the miracle of wonderful transformation in you, in your child's ADHD, and especially in your child. Thank you, Dr. Honos-Webb, for your gift to what ADHD can be.

—Alvin R. Mahrer, Ph.D., professor emeritus of psychology at the University of Ottawa, Canada, and author of *The Complete Guide to Experiential Psychotherapy*

From the Publisher

Based on her best-selling book, *The Gift of ADHD*, psychologist Lara Honos-Webb offers parents 101 easy and fun tips and activities to help them help their ADHD or spirited child transform his or her challenges into strengths.

About the Author

Lara Honos-Webb, PhD, is a worldwide attention deficit disorder (ADD) expert, and offers ADD coaching. She is a clinical psychologist and author of *The Gift of ADHD*, *The Gift of ADHD Activity Book*, *The Gift of Adult ADD*, *The ADHD Workbook for Teens*, and *Listening to Depression*. She has published more than twenty-five scholarly articles. Learn more about her work at www.addisagift.com.

Users Review

From reader reviews:

Guy Gregory:

Your reading 6th sense will not betray you actually, why because this *The Gift of ADHD Activity Book: 101 Ways to Turn Your Child's Problems into Strengths (Companion Companion)* book written by well-known writer who knows well how to make book that could be understand by anyone who have read the book. Written inside good manner for you, dripping every ideas and composing skill only for eliminate your own personal hunger then you still doubt *The Gift of ADHD Activity Book: 101 Ways to Turn Your Child's Problems into Strengths (Companion Companion)* as good book not only by the cover but also from the content. This is one book that can break don't assess book by its protect, so do you still needing one more sixth sense to pick this kind of!? Oh come on your examining sixth sense already said so why you have to listening to one more sixth sense.

Matthew Thompson:

This *The Gift of ADHD Activity Book: 101 Ways to Turn Your Child's Problems into Strengths (Companion Companion)* is great book for you because the content that is certainly full of information for you who have always deal with world and have to make decision every minute. This kind of book reveal it details accurately using great plan word or we can declare no rambling sentences inside it. So if you are read the item hurriedly you can have whole info in it. Doesn't mean it only will give you straight forward

sentences but hard core information with attractive delivering sentences. Having The Gift of ADHD Activity Book: 101 Ways to Turn Your Child's Problems into Strengths (Companion Companion) in your hand like keeping the world in your arm, information in it is not ridiculous 1. We can say that no book that offer you world with ten or fifteen tiny right but this e-book already do that. So , this is certainly good reading book. Hello Mr. and Mrs. occupied do you still doubt that?

Terry Pullen:

A lot of book has printed but it is unique. You can get it by internet on social media. You can choose the most effective book for you, science, comedian, novel, or whatever through searching from it. It is called of book The Gift of ADHD Activity Book: 101 Ways to Turn Your Child's Problems into Strengths (Companion Companion). You can contribute your knowledge by it. Without departing the printed book, it could possibly add your knowledge and make you actually happier to read. It is most important that, you must aware about reserve. It can bring you from one spot to other place.

Allison Lyon:

Some people said that they feel fed up when they reading a book. They are directly felt it when they get a half portions of the book. You can choose the particular book The Gift of ADHD Activity Book: 101 Ways to Turn Your Child's Problems into Strengths (Companion Companion) to make your current reading is interesting. Your skill of reading expertise is developing when you like reading. Try to choose straightforward book to make you enjoy to study it and mingle the idea about book and looking at especially. It is to be initial opinion for you to like to available a book and study it. Beside that the guide The Gift of ADHD Activity Book: 101 Ways to Turn Your Child's Problems into Strengths (Companion Companion) can to be your brand-new friend when you're truly feel alone and confuse with the information must you're doing of that time.

Download and Read Online The Gift of ADHD Activity Book: 101 Ways to Turn Your Child's Problems into Strengths (Companion Companion) By Lara Honos-Webb PhD #XPJFE4D78G0

Read The Gift of ADHD Activity Book: 101 Ways to Turn Your Child's Problems into Strengths (Companion Companion) By Lara Honos-Webb PhD for online ebook

The Gift of ADHD Activity Book: 101 Ways to Turn Your Child's Problems into Strengths (Companion Companion) By Lara Honos-Webb PhD Free PDF d0wnl0ad, 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 Activity Book: 101 Ways to Turn Your Child's Problems into Strengths (Companion Companion) By Lara Honos-Webb PhD books to read online.

Online The Gift of ADHD Activity Book: 101 Ways to Turn Your Child's Problems into Strengths (Companion Companion) By Lara Honos-Webb PhD ebook PDF download

The Gift of ADHD Activity Book: 101 Ways to Turn Your Child's Problems into Strengths (Companion Companion) By Lara Honos-Webb PhD Doc

The Gift of ADHD Activity Book: 101 Ways to Turn Your Child's Problems into Strengths (Companion Companion) By Lara Honos-Webb PhD MobiPocket

The Gift of ADHD Activity Book: 101 Ways to Turn Your Child's Problems into Strengths (Companion Companion) By Lara Honos-Webb PhD EPub