



# **The ADHD and ADD Guide for Parents: Tips on How to Help Your Child Improve Attention, Manage Emotions and Achieve Goals**

*Rose McCloud*

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ADHD and ADD are two very complex mental problems. Though much is known about these conditions, on the other hand little is known about treatment plans. While most doctors want to throw stimulants to control the person affected, there are other options. Management comes from knowledge along with trial and error. A book on these conditions can help parents understand their child's thought process and bring clarity to a difficult matter.

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