



Understanding ADHD 101: The Comprehensive Guide to Diagnosis Coping Strategies Treatment Options and New Developments in ADHD Research (Attention Deficit Hyperactivity Disorder)

Rachel Davids

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This book is a great introduction to understanding and living with ADHD. Those who have not had experience dealing with ADHD will learn a lot from this short yet comprehensive introduction to the world of ADHD. Within this book you will find a brief history of ADHD, Strategies for understanding, coping with, treating, and thriving with ADHD, as well as a look toward the future of ADHD and ways to make the most out of your professional and medical benefits.

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