



Overcoming ADHD: Helping Your Child Become Calm, Engaged, and Focused--Without a Pill

Stanley I. Greenspan

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This wise and informative guide applies Stanley Greenspan's much admired developmental approach to a very common disorder. In his distinctive and original view, ADHD is not a single problem, but rather a set of common symptoms that arise from several different sensory, motor, and self-regulation problems. As in his highly successful earlier books and in his practice, Greenspan emphasizes the role of emotion, seeking the root of the condition and rebuilding the foundations of healthy development. *Overcoming ADHD* steers away from the pitfalls of labeling, or of simply stamping out symptoms with medication, and demonstrates Greenspan's abiding belief in the growth and individual potential of each child.

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