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THE A.D.D. GUIDEBOOK

A Comprehensive, Self-Directed Guide to
Addressing Attentional Concerns
in Adults and Children

The A.D.D. Guidebook is a *comprehensive* resource for adults and for the parents of children and adolescents who are identified with ADHD or who struggle with attentional challenges.

This accessible and engaging book has practical tips and strategies that are easily applied and integrated into daily life. In her approach, Dr. Teeya Scholten integrates holistic perspectives, positive psychology practices, and approaches from conventional treatments.

It is offered as a smorgasbord of ideas. Start from the beginning and follow Dr. Scholten's step-by-step approach, or explore it one strategy at a time.

Dr. Ilze Matiss, Registered Psychologist, Toronto, Ontario, Canada

Other readers have said:

This is one of the best books I have ever read on the topic of Attention Deficit Disorder. And I've read a lot!

Rob H., student, Vancouver, BC.

It covers diet, behavior and the whole gamut of things families deal with when they cope with A.D.D. It's very thorough.

Alison S., family counsellor, Calgary, AB.

Oh, that wonderful book! It gave me so much hope.

Ruth B., mother, Kansas City, Missouri

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Dr. Teeya Scholten



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Part of The "Good News About A.D.D." Series