



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

By Lara Honos-Webb PhD

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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.

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

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### **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](http://www.addisagift.com).

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#### **Barbara Richardson:**

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**Alma Miranda:**

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**Randy Jones:**

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