



The Truth Maze-Unraveling A.D.H.D and Believing in Your Child's Gifts

Kristin Blair Wnuk Ph.D. Ph.D.

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With thousands of children diagnosed every year with Attention Deficit Hyperactivity Disorder, no known cause, and no known cure, parents are left searching for the best ways to help their children. While there is ample support information available, understanding how to help a child with ADHD can feel like maneuvering an endless maze. Some days we feel like we have hit a roadblock and we have to turn in another direction and other days, it feels like we are making progress. Beyond day to day challenges, the emotional impact on a child with ADHD can be monumental and parents want to know two things: How do I help my child feel better? How do I know if I am making the best choices to support my child? The Truth Maze-Unraveling ADHD and Believing in Your Child's Gifts explains how to unravel the symptoms associated with ADHD first, by understanding what drives behavior and then, by offering specific skill building techniques, so that both parents and children can stop feeling powerless. Author, Kristin Blair Wnuk, Ph.D., Life Coach, and Energetic Intuitive, searched for her own answers to help her child with ADHD. As she took this journey, she kept returning to the association between the mind and body and the powerful connection between physical and emotional functioning. As children feel better, they become better equipped to navigate the challenges associated with ADHD. The Truth Maze-Unraveling ADHD and Believing in Your Child's Gifts reveals how to:

- Resolve negative feelings
- Build a strong foundation for communication
- Strengthen negotiation
- Enhance reasoning skills
- Develop strong character traits
- Interpret lying and other destructive behaviors
- Create a sense of personal empowerment
- Improve academic performance
- Understand purpose
- Help children feel good about who they are

This book does not delve into pharmacologic treatment, supplementation, or other such topics related to ADHD. Instead, it provides a comprehensive framework for developing the skills to create a solid foundation for forward progress in the management of ADHD symptoms.

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Brett Nash:

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