

Getting Ahead of ADHD: The Ultimate Guide to Navigating Life with ADHD


Unlock Your Potential and Thrive with ADHD

ADHD Fact Sheet

ADHD is a neurodevelopmental disorder - not a behavioral disorder - that can be diagnosed across the lifespan

Quick Facts:

- Not all children have all symptoms, and they must be present for at least 6 months and impact functioning in more than just one setting (i.e. school AND home or school AND in the community)
- More commonly diagnosed in males compared to females (12.9% compared to 5.6%)
- The onset of symptoms must be present before the age of 12 years old
- ADHD can present itself differently in adults
- Prevalence Rate: Children (5%) and Adults (2.5%)



Subtypes:


Inattentive Type: 6 or more symptoms of inattention and less than 6 symptoms of hyperactivity	Combined Type: 6 or more symptoms in both inattention and hyperactivity domains	Hyperactive Type: Less than 6 symptoms of inattention; 6 or more symptoms of hyperactivity
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There are Three Types of ADHD:

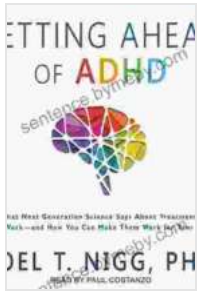
Predominantly inattentive presentation
Common symptoms involve: Difficulty paying attention, distractibility, forgetfulness, difficulty engaging in age-appropriate problem-solving, overwhelmed with developmentally appropriate expectations and tasks.

Predominantly hyperactive-impulsive presentation
Common symptoms involve: Fidgetiness, difficulty sitting still for long periods of time, restlessness, interrupting others.

Combined presentation
Symptoms of inattention and hyperactivity/impulsivity are both present



Getting Ahead of ADHD: What Next-Generation Science Says about Treatments That Work—and How You Can



Make Them Work for Your Child by Joel T. Nigg

★★★★☆ 4.5 out of 5

Language : English
File size : 1430 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 15 pages



About the Book

This groundbreaking book is a comprehensive guide for individuals with ADHD and their loved ones. It provides a wealth of practical strategies, expert insights, and real-life stories to help you understand, manage, and thrive with ADHD.

Written by a team of leading experts and individuals with ADHD, this book offers a roadmap to success, empowering you to:

- * Accurately identify and diagnose ADHD
- * Develop effective strategies for managing symptoms
- * Improve focus, attention, and memory
- * Overcome procrastination and time management challenges
- * Build strong relationships and succeed in school and work
- * Access the latest research and treatment options
- * Find support and resources in your community

Key Features

- * **Comprehensive and evidence-based:** Backed by the latest research and best practices, this book provides a comprehensive overview of ADHD.
- * **Practical and actionable strategies:** Step-by-step guidance and real-life

examples make it easy to implement effective strategies in your daily life. *

Empowering and positive: This book focuses on the strengths and abilities of individuals with ADHD, fostering a growth mindset and self-advocacy. *

Expert insights: Contributions from leading ADHD specialists provide valuable insights and cutting-edge information. *

Personal stories: Inspiring stories from individuals with ADHD demonstrate the challenges and triumphs of living with this condition.

Benefits of Reading This Book

* Gain a deeper understanding of ADHD and its impact on your life. *

Develop a personalized plan for managing your symptoms effectively. *

Enhance your cognitive skills, such as focus, attention, and memory. *

Improve your productivity and performance in school and work. *

Build stronger relationships and connect with others who understand your challenges. *

Access a wealth of resources and support to navigate your ADHD journey.

Testimonials

"This book is an invaluable resource for anyone living with ADHD. It provides clear explanations, practical strategies, and a much-needed sense of hope and empowerment." - **Dr. Russell Barkley, leading ADHD expert**

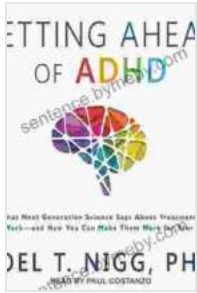
"I wish I had this book when I was first diagnosed with ADHD. It would have saved me years of struggling and frustration." - **Jennifer, a successful entrepreneur with ADHD**

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Don't let ADHD hold you back any longer. Free Download your copy of "Getting Ahead of ADHD" today and take the first step towards unlocking

your full potential. This book is available at all major bookstores, online retailers, and the author's website.

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