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ADHD the Focused Mind: A Guide to Giving Your ADHD Child Focus, Discipline Self-Confidence (Paperback)

By Sarah Cheyette, Peter Johnson

Square One Publishers, United States, 2017. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. As a young boy, his difficulty in concentrating was diagnosed as ADHD. In school, his mind always seemed to wander until he found an activity that he liked. By using that one activity, his mother was able to teach him to focus and develop self-discipline. Debbie Phelps found a way to reach past her son s ADHD and that young boy, Michael Phelps, went on to win twenty-two Olympic medal and break thirty-nine world records in swimming. Now the principle that guided Debbie Phelps approach is the subject of this breakthrough title. Written by three experts in their fields a pediatric neurologist, a psychiatrist, and a martial arts instructor ADHD the Focused Mind provides a complete program for instilling the ability to focus in both children and adults with Attention Deficit Hyperactivity Disorder. For centuries, martial arts teachers have taught their young students the art of combat, from Akido to Karate to Taekwondo. However, as varied as each form of martial arts may be, they all share an underlying skill, and it is the same skill that world class athletes...



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