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Putting on the Brakes: Understanding and Taking Control of Your ADD and ADHD

Patricia O. Quinn, Judith M. Stern

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All you need to know about attention deficit disorder is included in this updated edition of the bestselling classic, "Putting on the Brakes". This resource for young people, their parents, and professionals is now revised and expanded, covering the newest techniques in diagnosing and treating ADHD, including updated information about medication; organization and time management strategies; the most current techniques in relaxation including yoga, progressive relaxation, and meditation; and tips on how to ask for help, guidance, and support in managing ADHD and its symptoms.

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