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## Good Horse Sense to Help Manage ADHD (Paperback)

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By David E Miller Ph D Psychologist

Xulon Press, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.As a Christian psychologist who has worked with hundreds of children and adolescents experiencing problems with ADHD, Dr. David Miller has created a simple two-part workbook designed for these children and their parents. The workbook promotes several activities and illustrations for the child to color as they work through the workbook. These activities are designed to help children learn ten coping skills and ten additional helpful tools to better manage this condition. Rather than see ADHD as a disorder, the workbook promotes seeing it as a condition for which one can learn to manage. Since children typically enjoy horses, the workbook is told from the main character's perspective-ROWDY, a miniature horse who has ADHD. The coping skills are presented as common horse sense and additional horse sense nuggets. By working through the child's portion of the workbook, the child learns coping skills for better handling ADHD and avoiding the typical struggles and negative feelings associated with the condition. The parent's section of the workbook contains many suggestions and resource ideas for expanding their knowledge of ADHD and ways to help their...



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