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The Insider's Guide to ADHD: Adults with ADHD Reveal the Secret to Parenting Kids with ADHD

Penny Williams

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Who knows better **what kids with ADHD need** than adults who grew up with similar struggles? In her quest for the ultimate ADHD insights, award-winning author Penny Williams went right to the source, interviewing dozens of adults whose childhood was clouded by ADHD. Williams analyzes the wisdom and valuable perceptions of these adults, including **what works and what doesn't work** for kids with ADHD.

The Insider's Guide to ADHD bypasses the reward charts, strict limits, and other standard recommendations to get to the **root of the true formula for effective ADHD parenting**. Inside, you'll find twelve positive parenting strategies for ADHD that all lead to one universal truth for creating success in the lives of kids with ADHD, and their families.

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