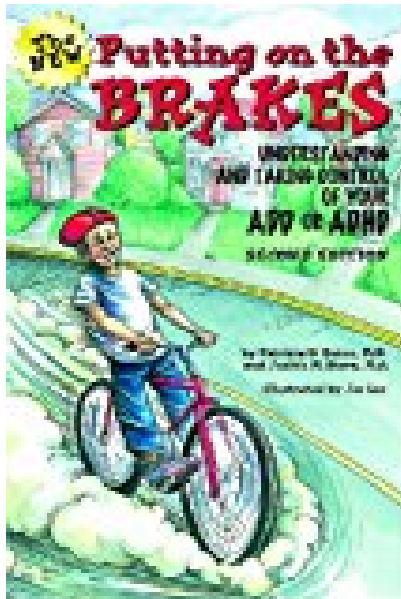


# Putting on the Brakes Understanding and Taking Control of Your ADD and ADHD

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## BOOK DETAILS

- Author : Patricia O. Quinn
- Pages : 80 Pages
- Publisher : Magination Press
- Language : English
- ISBN : 1433803879

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## BOOK SYNOPSIS

Explains what attention deficit disorder is and how to treat it, discussing the cognitive and emotional aspects, what the medication options are, how to maintain positive relations with friends, and how to do well at school.

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