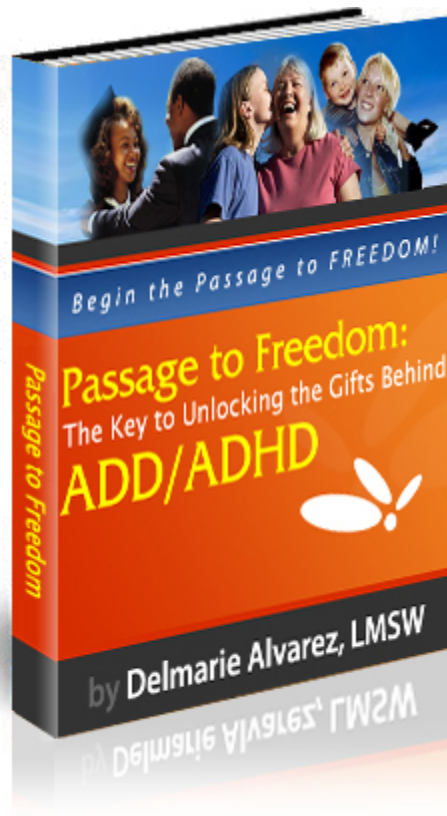


PASSAGE TO FREEDOM: The Key To Unlocking The Gifts Behind ADD/ADHD



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Passage to Freedom Chapter Descriptions

1. **The Truth About ADD/ADHD...Understanding The Misunderstood Gene.**

Description: A thorough look into the definition of ADD/ADHD and society's views about it. This chapter will also discuss characteristics of ADD/ADHD and dig deeper into the positive side of ADD/ADHD.

2. **Do you Posses the ADD/ADHD Gene? Basics for a Good Evaluation.**

Description: How to go about receiving the best evaluation possible and what questions to ask to ensure you are receiving a correct diagnosis. The diagnostic approach is the first step to discovering if you or someone you love may have ADD/ADHD. It is important to be a wise and educated individual when approaching this step and this chapter will show you how.

3. **The Truth About Medication: What Pharmaceutical Companies, Physicians And Other Professionals Do Not Want You To Know.**

Description: The medical community does not know how to best go about diagnosing ADD/ADHD or better yet, how to successfully "treat" it. Yet healthcare professionals are quick to prescribe medication without notifying the client or the client's parents about the potential for abuse and the awful side effects that come from administering ADD/ADHD medications. This chapter will talk about the most popular ADD/ADHD medications (Ritalin, Adderall, Concerta etc.) to date and their control over our children and adults. It will educate you about the unspoken realities and provide facts and statistics that discusses the effects of these mind altering drugs.

4. **The Obvious Connection Between Creativity and Attention Deficit Disorder and Attention Deficit Hyperactive Disorder.**

Description: The personality traits and similarities between highly creative people and those who possess the ADD/ADHD gene are far more than coincidental. This chapter will discuss these similarities and talk about society's views and feelings towards these innovative and enthusiastic individuals.

5. **Proven Steps for Caring and Parenting a Child with ADD/ADHD.**

Description: This chapter will help parents learn more about ADD/ADHD in children and provide them with ideas and tips on how to manage their spirited child and turn those negative ADD/ADHD symptoms into their tool to succeed in school, friendships and at home. We will discuss the importance of educating the entire family about ADD/ADHD and how it often affects every individual in the family, often on a daily basis. Ideas and strategies on how to cope with possible issues that may arise when living with a child who has ADD/ADHD.

6. The ADD/ADHD Child and our School System: How Parents and Teachers Can Help.

Description: A brief description of America's school system and how it's slowly chiseling away at our children's self esteem and education. We will discuss the criteria of an Individualized Education Plan (IEP) and how parents and teachers can assure the goals of the IEP are being met. Discover ways to help an ADD/ADHD child complete assignments, homework, deal with forgetfulness and tardiness, and increase their self esteem.

7. Adult ADD/ADHD...The Key to Understanding, Accepting, and Enjoying Your ADD/ADHD Gift.

Description: It has been in recent years that ADD/ADHD has been recognized in adults and as a result, there is no formal statistical diagnostic criterion for diagnosing ADD/ADHD in adults. This chapter will provide you with informative and self fulfilling insight on your adult ADD/ADHD and help your personal inner strength come alive by improving your social skills and self esteem. The importance of embracing and fostering your ADD/ADHD trait as an adult will also be discussed.

8. Adult ADD/ADHD and Relationships: Valuable Tips and Strategies to Help Set Free the Anger and Rediscover the Buried Love.

Description: Steps and techniques will be provided in this chapter to assist both the individual with ADD/ADHD and the non ADD/ADHD partner find true happiness and fulfillment in their relationship while managing and living with ADD/ADHD. We will discuss what type of mate is best for a person with ADD/ADHD and what can you do if your mate has ADD/ADHD. The need for good communication skills, how to resolve conflict, and healthy relationship characteristics are some of the issues being addressed.

9. Surviving at Home and In the Work Place with Adult ADD/ADHD.

Description: We will discuss different approaches to help adults with ADD/ADHD find success in the work place and at home through tips on time management, procrastination, organization etc. This chapter will offer ideas and techniques to help simplify and modify your daily tasks and will enable you to take back control of your life and not the other way around.