



# Take Control of ADHD: The Ultimate Guide for Teens With ADHD

*Kenneth Stefano, Ruth Spodak*

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**Take Control of ADHD: The Ultimate Guide for Teens With ADHD** Kenneth Stefano, Ruth Spodak  
Take Control of ADHD: The Ultimate Guide for Teens With ADHD is the ultimate handbook for teens with ADHD to help them take control of their disorder and find success in school and in life. By creating the "ADHD Action Plan" discussed in the book, readers will recognize how ADHD affects them, discover coping strategies and technology tools to improve their focus, and develop a self-advocacy plan they can use immediately

The book presents the latest research and information on ADHD in a conversational style that teens can understand easily, allowing them to develop a better understanding of their disorder. By including suggestions from teens with ADHD, the authors offer tons of advice, information, and ideas for students, from students just like them. This handy guidebook is sure to help teens with ADHD learn to refocus their attention and find success in school and beyond!

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