



# The Energetic Brain: Understanding and Managing ADHD

*Cecil R. Reynolds, Kimberly J. Vannest, Judith R. Harrison*

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**The Energetic Brain: Understanding and Managing ADHD** Cecil R. Reynolds, Kimberly J. Vannest, Judith R. Harrison

**How to get past the myths, tap into the creativity of the ADHD mind, and thrive**

ADHD affects millions of people—some 3 to 5% of the general population. Written by a neuroscientist who has studied ADHD, a clinician who has diagnosed and treated it for 30 years, and a special educator who sees it daily, *The Energetic Brain* provides the latest information from neuroscience on how the ADHD brain works and shows how to harness its potential for success. It distills the latest research findings to give readers the most up-to-date information available and provides practical strategies for managing ADHD—and thriving—at school, at work, and at home, from childhood through adulthood.

- Debunks popular (and destructive) myths about ADHD
- Covers how to manage ADHD with medication or without, what parents can do to help, and how to thrive with ADHD throughout the lifespan
- Offers effective academic and behavioral interventions for school, and helpful accommodations for the workplace

*The Energetic Brain* provides a truly thorough view of ADHD, making it an invaluable guide for parents, teachers, and those living with ADHD.



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