



Moms with ADD: A Self-Help Manual

Christine Adamec

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Agonize no more, frustrated moms! *Moms with ADD* is here to help. Rather than pathologize ADD or speculate on causes or medical rationales, *Moms with ADD* enables readers to recognize ADD and optimize their parenting skills. Filled with anecdotes, quotations, and examples, Christine A. Adamec, coauthor of *Do You Have Attention Deficit Disorder?*, offers practical coping strategies for family- and job-related concerns. This easy-to-read manual is guaranteed to make moms with ADD happier at home and in the office.

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