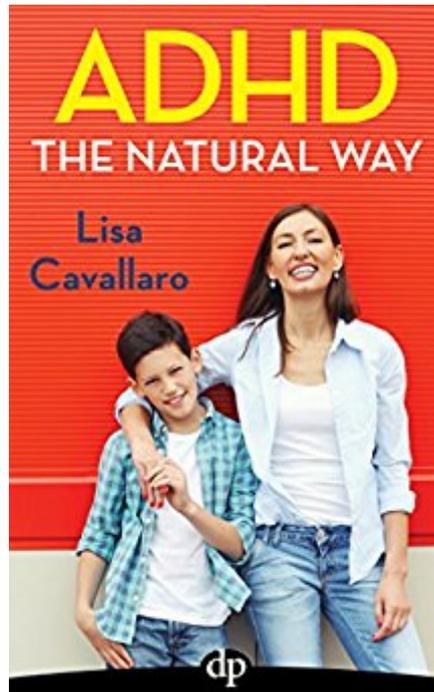


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# ADHD The NATURAL Way: Thinking Outside The Pill Box



## Synopsis

What is ADHD? Just the term Attention Deficit Hyperactivity Disorder would lead us to believe that ADHD is a disorder. Some describe it as a chronic disease, a common childhood illness. Interestingly enough, one doctor calls it a concoction of the pharmaceutical industry. • What is it really? And most importantly, what are parents to do about it? Lisa Cavallaro worked in schools as a family therapist and saw firsthand what was possible when parents adjusted their style with unfocused, hyperactive kids. And since she's expanded her work to include giving parents tools that leverage law of attraction principles, positive results have skyrocketed. In *ADHD The NATURAL Way* "Thinking Outside The Pill Box, Lisa offers her seven-point plan for dealing with kids diagnosed with ADHD. She shares the personal stories that inspired the passion she has for the subject and also includes a chapter on the \$10 Billion industry Big Pharma has built marketing drugs to children. NATURAL is an acronym Cavallaro created to describe the approach she trains parents to use: Narrow Your Focus • Knowing What To Believe About ADHD Anticipate Results • With ADHD (And Everything) We Get What We Expect Think and Feel • Charting What's Best For Your ADHD Child Upgrade Yourself • You Know More Than You Think, And It'll Help Your Child Rewrite Your Story • Using Law of Attraction To Manage ADHD Symptoms Align, Align, Align • One Simple Step To Keep Kids Moving Toward Their Greatest Potential Launch Your Happy Campaign • ADHD Kids Need Happy Parents, Not Perfect Parents After reading this book, parents will become familiar with a plan that involves neither force nor medication. The NATURAL approach is purely solution and parent focused • its main side effect being relief.

## Book Information

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## Customer Reviews

As parents, we invest so much of ourselves in our children. This book offers a much needed alternative for parents seeking another way to view an ADHD diagnosis, and a natural path to support their children. It's the path I've chosen to take with my children, and one I'm really glad is being suggested here. Read this book with an open mind and prepare to be delighted.

I loved reading Lisa's new book, ADHD The Natural Way. It's a relevant and inspirational read for parents of all children and educators and therapists to use as a tool for helping us all. Lisa's book made me happy to read and motivated me to put in play many of her practical and positive parenting strategies. How cool that reading about such a difficult and often draining topic has left me inspired and smiling at my own kid's behaviors. I can't wait to share this book with my friends and peers. Lisa has a fun and insightful way of using stories to illustrate her take on parenting and managing stressful situations. I especially loved the chapter on re-writing your own story. I have personally benefited from this so many times. I have many labels and diagnosis for my daughter. I have ones I have come up with myself, ones I have paid good money for from professionals, and ones I have traveled to numerous doctors to receive, validate, and cure. Only when I began focusing on all of who my daughter is, beyond the labels, beyond the diagnosis and doctor visits, when I began focusing on my daughter's strengths, of which she has countless ones, her smile, her brilliant wit, her talents, did I really begin to enjoy being her mom. Interestingly, the cure came from my perception and the story I re-wrote for us not from all those expensive annoying labels. Great advise Lisa! I look forward to hearing the stories of all the parents this book is going to help. Educators and parents alike should enjoy this energized take on the topic of ADHD.

Conventional wisdom is to turn to the "experts". Unfortunately these experts too readily rely on medication as first choice for relief. Lisa Cavallaro in her book, ADHD, The Natural Way proposes a

different way of handling these medical challenges She valiantly proposes that parents have more control, more ability to manage their child's issues by taking charge, by looking at other options before medication....that basically the parents have the knowledge. They can be the experts to manage their child's diagnosis....and it doesn't always have to be medication. Reading her book will leave parents with a sense of freedom.....from labels, from feeling helpless and recognizing their position of power and from having to always rely on medication. Lisa's prescription for managing these challenges are excellent, unconventional , real and workable.

Lisa's book has spot-on relevance for those parents seeking an alternative method to help their children find a way to cope with a diagnosis of ADHD. As she points out, our society is so accustomed to taking a pill for every ill that we might have, that we don't stop to think through the alternatives that are before us that could be far more effective and certainly more natural. What resonated for me is the chapter that focused on happiness as it relates to helping our own children if we live by the creed of being happy; not giddy, or crazy, just a pervasive feeling of happiness. How much more healthy we all are if we adopt a positive take on life. It gives us a far better perspective when dealing with difficult challenges. A must read for parents who want something that does think .....far outside the box!!

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