

ADHD & Teens: A Parent's Guide to Making it through the Tough Years

Colleen Alexander-Roberts

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ADHD & Teens: A Parent's Guide to Making it through the Tough Years Colleen Alexander-Roberts *ADHD and Teens* is a manual of practical advice to help parents cope with the problems that can arise during these years. A crash course is offered on parenting styles that really work with teens with ADHD and how these styles allow the teen to safely move from dependence to independence.



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