



## I m Bored! What s Next?

By Eric Unruh, Gary Unruh

Lighthouse Love Productions LLC, United States, 2014. Paperback. Book Condition: New. 229 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. I m Bored! What s Next? helps us see there is much more to childhood ADHD than simply inattention, hyperactivity and impulsivity. Authors Eric Unruh and Gary Unruh know all about ADHD, as they are both diagnosed with it and together have spent 60-plus years helping kids and parents understand and accept ADHD. Deliberately written to be a short read, they describe ADHD through the riveting minute-by-minute, inside life of an ADHD boy named Chad and his mother, followed by 19 core descriptors of what ADHD really is concepts like: \* ADHD kids are unable to be bored. \* ADHD kids are ultra-focused, not just inattentive. \* ADHD kids have problems visualizing how long tasks will take. \* ADHD kids get frustrated when told to shift from a stimulating activity to a less stimulating activity. Eric and Gary s true picture of ADHD successfully moves us to a deeper reality of what it s like to live with ADHD. Acceptance is the first and most important step in helping an ADHD child move from...



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