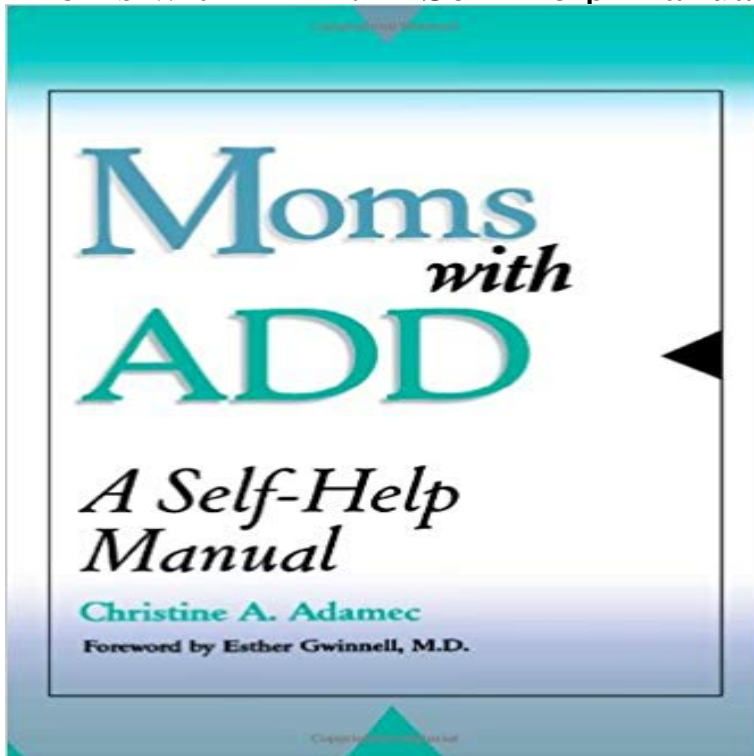


Moms with ADD: A Self-Help Manual



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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