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# Total Focus: A Comprehensive Program To Improve Attention, Concentration And Self-Control In Children



## **Synopsis**

A comprehensive, step-by-step program that will help your child improve attention, concentration and self-control - to see improvement both at school and at home. Bonus Audio - ADHD's First Aid for Parents, General Relaxation for the Whole Family and Happy Parents.

## **Book Information**

Audio CD: 138 pages

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Language: English

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Product Dimensions: 10.1 x 8.2 x 0.6 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.3 out of 5 starsÂ  [See all reviewsÂ](#) (7 customer reviews)

Best Sellers Rank: #665,868 in Books (See Top 100 in Books) #22 inÂ  Books > Books on CD > Parenting & Families > Parenting #8231 inÂ  Books > Parenting & Relationships > Parenting

## **Customer Reviews**

I work in a children's outpatient clinic and find many helpful activities and techniques to share with parents in this book. I have recommended it to many families, including parents of children without ADHD, as an excellent way to modify what are seen as problem behaviors. Though a bit dated (by today's standard of ever-evolving searches for best practices), the techniques are well grounded in behavioral theory. I would take issue with the doctor's stance that some children "need" medication but perhaps the doctor's perspective has shifted some in the 8 years since this was first published in light of the risks associated with long-term medication therapy. All in all, an excellent resource for parents.

Friends told me about the book/CD's and I love it. Lots of information to help my child.

For us, the biggest challenge is getting past the voice and feeling as though someone was simply reading a boring book to us (sorry Dr. Bob!) Unfortunately, the cd's were not as upbeat or engaging as we anticipated, making it (at least for us) difficult to stay focused on what was being "read" - which is ironic considering the "Total Focus" title. :-) We really had to make a conscious effort to follow along. I would recommend giving it a try if you find a good buy. On the flip side, it does have

useful information and is well packaged with easy to follow steps. Overall, I don't think this is a program that my son will find interesting enough to stick with even with encouragement. However, it may be more ideal for other children. I highly recommend the Total Transformation program.

We are working the program so and steady my guy 7 is struggling and do not recommend making to may changes at once. I am actually applying these techniques in my hectic lifestyle.

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