



Maybe You Know My Teen: A Parent's Guide to Helping Your Adolescent With Attention Deficit Hyperactivity Disorder

Mary Fowler

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From the author of the highly successful **Maybe You Know My Kid** comes a desperately needed follow-up—the first comprehensive guide for dealing with the unique challenges of raising an adolescent with ADHD.

Adolescence is a tumultuous turning point for everyone, but for teens with attention deficit hyperactivity disorder, it can be especially challenging, and for some of their parents, downright terrifying. Predictably, stress ensues over inconsistent or poor school performance and over inevitable decisions regarding higher education and life after high school. Adolescents with ADHD get more traffic tickets, have higher school-expulsion and drop-out rates, and are more likely to experiment with alcohol and drugs.

Maybe You Know My Teen brims with management strategies for parents new to ADHD as well as those who have coped with it throughout their child's life. Explaining the roots of the disorder clearly and extensively, while discussing situations most likely to cause symptoms to manifest themselves, ADHD authority Mary Fowler presents step-by-step advice, along with in-depth personal stories and first-person advice from leading experts in the field. This is the one-of-a-kind lifesaver thousands have been awaiting.

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