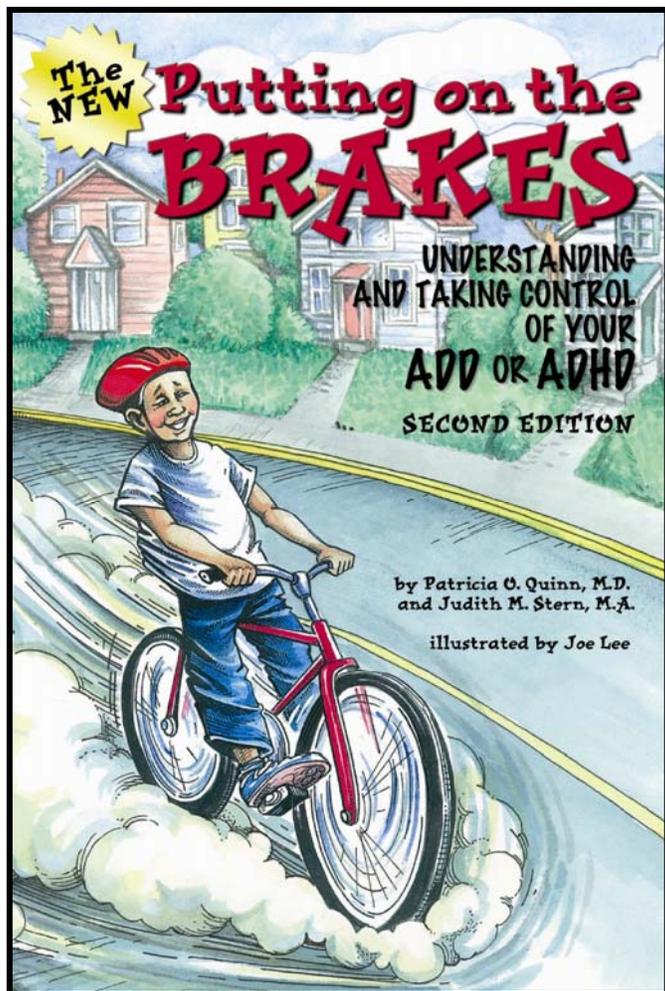




Self-Help Books for Kids...and the Adults in Their Lives



Putting on the Brakes

SECOND EDITION

Understanding and Taking Control of Your ADD or ADHD

By Patricia O. Quinn, MD, and Judith M. Stern, MA

Illustrated by Joe Lee

“This is one of the rare books written specifically for children coping with ADHD. It contains up-to-date information about ADHD and is remarkably comprehensive in its coverage. The book is a treasure chest of useful suggestions for children and early teens coping with this condition. Further, it provides a useful tool for involving parents and children together in the process of coping with ADHD.”

—Thomas J. Power, PhD

Director, Center for Management of ADHD; Professor of School Psychology in Pediatrics and Education, The Children's Hospital of Philadelphia, University of Pennsylvania

All a child needs to know about attention deficit disorder (with or without hyperactivity) is included in this updated edition of the bestselling classic, *Putting on the Brakes*. Now even better, this kid-friendly resource for explaining to kids

about their AD/HD is revised and expanded. Trusted by parents and professional for over 15 years, this new edition now contains updated information about medication; tips to make life better with AD/HD including healthy eating, exercise, and the most current techniques in relaxation including yoga, progressive relaxation, and meditation; organization and time management strategies as well as anger management techniques and advice on making and keeping friends; and finally tips on how to ask for help, guidance, and support in managing AD/HD and its symptoms. 80 pages. 6” x 9”. Black & white illustrations and photographs. Ages 8-13.

Hardcover: \$16.95

Paperback: \$12.95

ISBN 978-1-59147-808-9

ISBN 978-1-59147-809-6

Item # 441A808

Item # 441A809



About the Authors

Patricia Quinn, MD, is a developmental pediatrician in Washington, D.C. and a clinical assistant professor of Pediatrics at the Georgetown University Medical Center. Dr. Quinn specializes in child development and psychopharmacology and has worked for over 30 years in the areas of AD/HD and learning disabilities. She gives workshops nationwide and has published widely in these fields. Dr. Quinn is the author of several books on AD/HD and is currently the director of the National Center for Girls and Women with ADHD. In 2000, Dr. Quinn received the CHADD Hall of Fame Award.

Judith Stern, MA, is an educational consultant in Rockville, Maryland, specializing in work with children who have learning and attention problems. She is an experienced learning disabilities teacher, reading specialist and classroom teacher. She consults with parents and teachers, speaks nationally on subjects such as attention deficit disorder, learning problems and children's study/organizational skills. She conducts teacher training workshops for pre-school through high school teachers, and presents educational programs to parent and student groups. She is the co-author of four children's books on ADHD and LD. She has also published chapters in a number of professional books and magazines.

Order Form To order, call: 800-374-2721 • on the Web: www.apa.org/books • Fax: 202-336-5502 • E-Mail: order@apa.org • In DC: 202-336-5510 • TDD/TTY: 202-336-612

Item #	Quantity	Title	Unit Price	Total Price
# 441A808		Putting on the Brakes (Hardcover)		
# 441A809		Putting on the Brakes (Paperback)		

Ensure Immediate

Shipping! Reference the following Priority Code with all orders: FLYEFPF

Shipping & Handling	U.S. residents	non-U.S. residents
Up to \$14.99	\$5.00	\$15.00
\$15.00-\$59.99	\$6.00	\$16.00
\$60.00+	10% of subtotal	\$20.00

For MD residents, add 6% sales tax
 For DC residents, add 5.75% sales tax
 Check for RUSH Shipment, add \$10 (guarantees shipment within 1-2 days of receipt)

Total amount due (all orders must be prepaid)

Subtotal

Payment method (check one)

Check or Money Order
 Made payable to **American Psychological Association**
 (Must be payable through a U.S. bank and be in U.S. currency)
 Visa ~ MasterCard ~ American Express

SHIPPING INFORMATION

Account Number		Expiration Date		Name	
Address		City		State Zip	

Signature (Required for all charges and purchase orders)

<p>All book orders and requests should be sent to: American Psychological Association Book Order Department P.O. Box 92984 Washington, DC 20090-2984 800-374-2721</p>	<p>Orders from Europe, Africa, or the Middle East should be sent to: Eurospan 3 Henrietta Street Covent Garden London WC2E 8LU United Kingdom Tel: +44 (0) 207 240 0856 Fax: +44 (0) 207 379 0609</p>
---	--