



# **A Sibling's Guide to A.D.D.**

*Daniel G. Amen, Breanne L. Amen*

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For ages 7-16. This book is for siblings of ADD children or teens. It is a guide for dealing with the day-to-day stresses associated with living in an ADD family. This book uses questions and answers to deal with important issues. We have seen that siblings of ADD children can be a positive healing force or they can be a source of pain and problems. Teaching siblings about ADD can make a big difference in the atmosphere at home.

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