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# Journal of an ADHD Kid: The Good, the Bad, and the Useful

*Tobias Stumpf, Dawn Schaefer Stumpf*

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**Journal of an ADHD Kid: The Good, the Bad, and the Useful** Tobias Stumpf, Dawn Schaefer Stumpf
**2014 ForeWord Reviews' INDIEFAB Book of the Year Awards Finalist: Juvenile NonFiction category**

For kids with ADHD, reading **Journal of an ADHD Kid** is a chance to get to know themselves (and their diagnosis) much better! Toby, the narrator, relates his experiences coping with life as an ADHD kid in an authentic kid's voice that is sometimes funny, sometimes exasperated, sometimes proud, illustrating the range of emotions that kids with ADHD/ADD feel.

The book provides information in a frank, upbeat, conversational manner and offers thought-provoking questions designed to help readers recognize how ADHD/ADD affects them and then come up with better ideas for handling difficult situations in their own lives.

From facts about an ADHD diagnosis to whether to tell friends and teachers, and from understanding both the good and bad aspects of ADHD to what can help with the disorder, there's plenty of solid information, emotional support, and tips for kids and teens.

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