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Only A Mother Could Love Him - My Story - How I Lived With A.D.D. And Overcame It!



Synopsis

For all parents who have ever cried in despair over their hyperactive, impulsive, and seemingly uncontrollable child; for every teacher who's ever vented frustration at a student who just won't pay attention; for every kid who has ever asked himself, Why does everyone hate me? Help is here. Only a Mother Could Love Him is a remarkable look inside the mind of a person with ADD/ADHD. Ben Polis attended six different schools, served over three thousand hours of detention, and drove his family into counseling. But through great determination and the use of self-taught concentration techniques, Ben not only graduated high school but also attended a competitive university. Ben describes what it's really like to feel those constant impulses, to get all that medication, to desperately want to be "normal." In addition, he offers lots of valuable advice to parents, including finding what forms of discipline will work and what will never work, surviving the daily homework struggle, medicating or seeking other methods of treatment, teaching your ADD/ADHD child to read. Only a Mother Could Love Him is a much-needed salve for parents and kids who feel isolated, depressed, and confused. From schoolwork to exercise to drugs, Ben Polis has important insights to share and a message of hope that will warm the hearts of those suffering the most. From the Trade Paperback edition. --This text refers to an out of print or unavailable edition of this title.

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Customer Reviews

Diagnosed at age eight with attention deficit hyperactivity disorder (ADHD), Australian Polis bullies

classmates, downs a power line with a fishing spear on a family vacation and is suspended for stunts like molding a face that resembles a penis in art class. "ADHD kids just don't understand the concept of being subtle," he observes. The first two-thirds of this book, written when Polis was 19, recall his harrowing school days and family life in Melbourne. The last third, written more recently (he's now 23), is more a primer for parents of ADHD kids, particularly boys. Now better able to cope, Polis discusses how and when to use medication, how to teach ADHD children to enjoy reading, and other related issues. Many of Polis's former teachers and classmates are surprised that he graduated from college and is now an author. "It only took six schools, five thousand detentions, three hundred days of suspension and a case of Ritalin," he says dryly. He also had a supportive family, good private school teachers and a caring psychiatrist. There are many guides to managing ADHD, but this powerful inside account is unique. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

The title conjures grandmothers whispering together, for it suggests being born in an era when such terms as special needs child didn't exist. Yet Polis, now 19, was such a child, a hard-to-manage boy with attention deficit disorder. His story, one of great hope, tallies the many different schools he attended and the thousands of hours of detention he served as a boy whom teachers labeled problem and who couldn't read a short sentence until he was 11. But he went on to graduate from high school, attend a university, and write this book to supplement medical texts on ADD/ADHD by showing how he overcomes everyday problems in everyday situations. If his early history of distractibility and impulsiveness includes such horrors as, at age four, crushing a neighbor's dog during an ill-fated Evel Knievel stunt (one of several behaviors that drove his entire family into therapy), it yields to strategies for success that will help health-care professionals and lay persons alike, no less here than it has in Polis' homeland, Australia. Whitney Scott Copyright © American Library Association. All rights reserved --This text refers to an out of print or unavailable edition of this title.

I read this entire book from beginning to end. There were some good points. I was appalled at a lot of his behavior and that he got to get away with most of it. He was kicked out of six schools for his behavior problems, disrespectful to his mother and father heck he punched his father in the face several times! He managed to graduate high school and go on to college. This was a matter of him being determined not to give up. But he was also disrespectful and rude to

anyone he did not like and when he was in a bad mood. He said he is not religious but his parents are Catholic. Then there is the after the book was published what happened to him. I found out he quit school to do book tours and speaking tour and he was able to open his own business with a friend he went to school with and their business was called EnergyStart. The business was a call center that got clients to switch over from their current electricity company to a sponsored electricity company and the more clients they got to switch over the more money his company made. They were making millions of dollars but spending more than they made on office massages and parties and other stupid things. They never trained their workers and expected them to work long hours for low wage. Also the company was putting out false advertising and scamming clients. There was also a wierd advertising billboard of Ben Polis, the co-president in his underwear. He had to resign as co-president from his company after his sponsors termnated his company because he went on Facebook calling an African Aboriginee (black Australian) a bad name saying it was a joke and then proceeding to joke about jewish people, fat people, and asian people! His company went into bankruptcy after this. Did you know he actually blamed his workers for his company not succeeding? I did think the book was very non boring but i can't take advice from someone who blames his severe ADHD on all of his problems and can't control his mouth! I don't want my son to be anything like him or look up to someone like this!! We are going to make sure with everything we have in us that our son learns to think of others and put others before himself. I am donating this book to our local library because I do not like this book or how Ben Polis was raised and turned out. This is a lesson alright a lesson of what NOT to do!!!

now that I have read this book, i can wholeheartedly recommend it to other parents. Our two sons have ADD and have exhibited some (but not all) of the behaviors described in this book. Fortunately we did not have the problems with violence he describes. However, one of our sons became a champion wrestler and I think this was an excellent outlet for him. As Benjamin says, individual sports are very important for the ADD student. He describes problems in school that accurately reflect our sons' school careers. Excellent grades on tests, next to no homework done, so low GPAs. Like Benjamin, our older son is doing extremely well in college, because he is studying things that deeply interest him (physics) and not things that don't (english literature). Two things I would change in terms of advice to other parents. Benjamin says that kids should not be medicated daily. We have seen a specialist at NIH who says that the latest evidence shows that daily doses of ritalin or equivalent are actually beneficial. the brain seems to develop new neurotransmitter capabilities if the dosages are kept constant. the other has to do with reading. Our sons were not

interested in reading until we discovered which topics interested them. Our oldest is sports-crazed, so he learned to read box scores at age 5. the first words he read were Philadelphia and Chicago. We bought lots of sports magazines and books and watched sporting events with him to reinforce what he learned in reading. Our younger son was very interested in comics, so we bought every Calvin & Hobbs book. We read them to him over and over and later he learned to read them himself. Great vocabulary builders! Now both are voracious readers. We kept the house awash in books on many topics. If they indicated an interest, we got books on that topic. so they learned to enjoy books. So, thanks to Benjamin for an inside look at a world that is very difficult for a non-ADD parent to fathom. We wish you well, Benjamin, and all the other parents who are out there dealing with this problem! Your children can definitely grow up to be successful, though it may not feel like at when they are in third grade!

Awesome book! Everybody should read it!!! You learn a lot and it's very entertaining and fun to read.

This is by far the best book that I read when my son was diagnosed with ADHD. I researched the heck out of the subject and this was my bible. I recommend it to anyone I know if their child is diagnosed. Highly recommend it.

Originally purchased for an overwhelmed grandmother - after reading it and rereading it with highlighter in hand, she requested that I find another for her daughter, who is in denial. In her words, "It opened my eyes. So much of my grandson's behaviour is right there. I understand now and feel even closer to him than before."

I am buying this book due to an interview with the author that was printed in the NY Times. The reference is: August 26, 2003 Attention Disorder Advice, by One Who Knows By LAURIE TARKAN As the parent of two ADHD kids and wife of an ADHD adult, it will be very helpful to know how it feels from the inside.

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