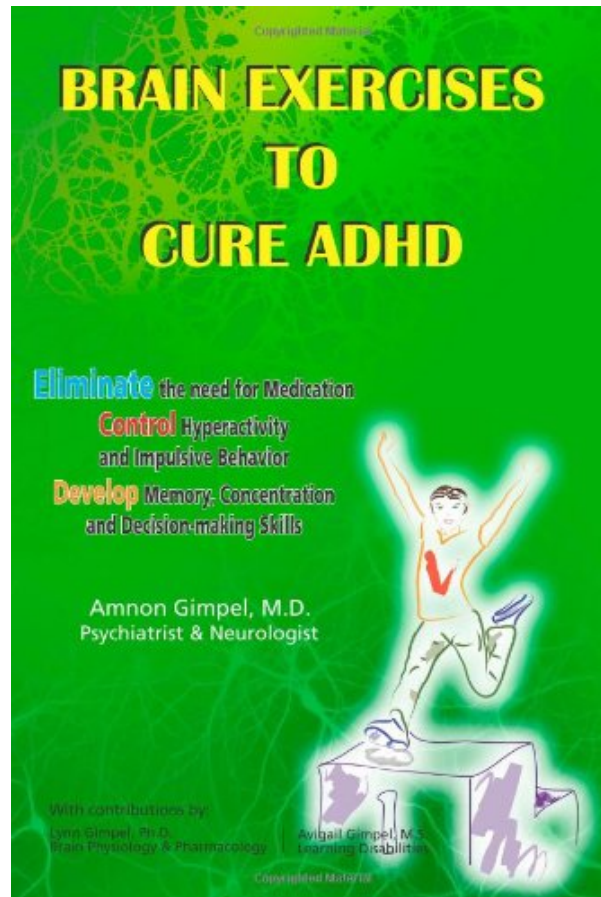
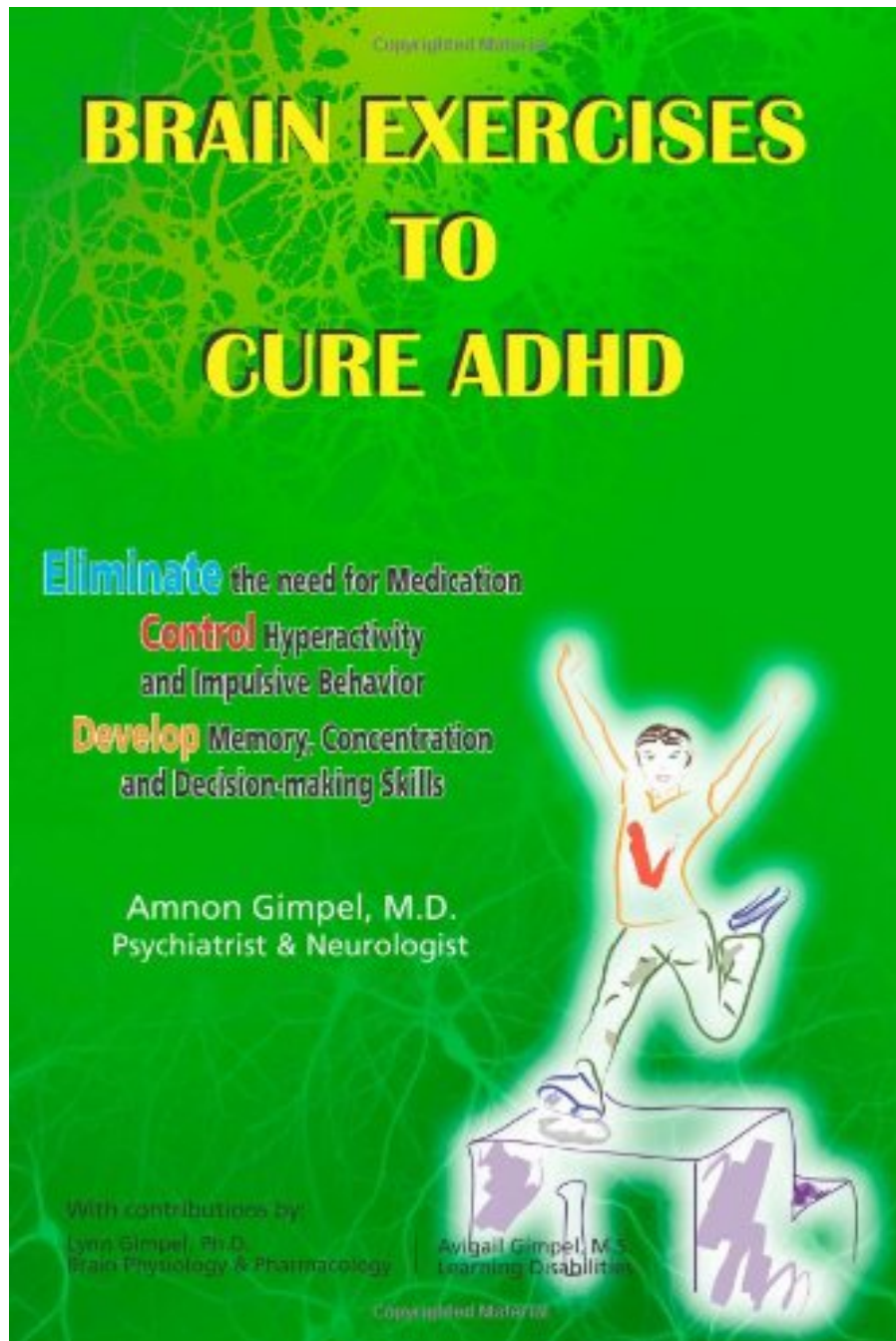


BRAIN EXERCISES TO CURE ADHD BY AMNON GIMPEL MD



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Review

Amnon Gimpel, a psychiatrist and neurologist who has had extensive experience treating patients with ADHD, argues forcefully that parents can do more than just medicate their children. He provides parents with a variety of behavioral techniques, including Brain Exercise Therapy, that are designed to empower both the child and parent, allowing them to control ADHD rather than vice versa. This is a must read book for families coping with ADHD and for health professionals treating this complex and challenging disorder. --Isaiah Wexler, M.D., Associate Professor of Pediatrics and Head of Pediatric Endocrinology, Hebrew University School of Medicine

About the Author

Dr. Amnon Gimpel has had thirty years of academic and clinical experience in the U.S. as a board-certified psychiatrist and neurologist specializing in ADHD and related disorders. He founded and served as director of the Advanced Recovery Center, the first outpatient treatment center for alcohol and drug abuse recognized by the American Hospital Association, and has extensive experience in the field of emergency psychiatric medicine.

In addition to serving as head of the Brain Power Clinic in Jerusalem, Israel, Dr. Gimpel is currently consultant to the Israeli Ministry of Health and to leading HMOs. Renowned as an ADHD lecturer, he speaks at conferences and seminars around the world. The fact that he is from a family in which four generations, including himself, suffer from ADHD gives him a unique understanding of the disorder and how to treat it effectively. His successes are proof to parents and children alike that ADHD is a disorder that can be overcome without the use of medication.

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Attention Deficit Hyperactivity Disorder is a thinking disorder, not a behavioral one. And it can be cured without the use of Ritalin or other medications. So maintains renowned psychiatrist/neurologist Dr. Amnon Gimpel, whose has developed targeted mental and physical exercises that stimulate development in precisely those areas of the ADHD brain where growth is deficient.

In this groundbreaking book, Dr. Gimpel calls upon new discoveries in brain function to present a revolutionary, multi-disciplinary program that frees ADHD sufferers from a dependence on medication and equips them with the skills necessary to enhance memory, heighten concentration, sharpen decision-making skills, and control hyperactivity and impulsivity. Step by step, in easily understood prose, Brain Exercises to Cure ADHD demonstrates convincingly that the future of those with this debilitating disorder is bright at long last.

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Most helpful customer reviews

52 of 57 people found the following review helpful.

don't waste your money

By Wendy

As a mother of two sons with ADHD I am always trying to stay current on the latest tools to help them. After reading the reviews I was really interested in this book. I guess I was interested because, since the title of the book is "Brain Exercises to Cure ADHD", I thought there might be some actual brain exercises in the book. There are 271 pages. The closest thing to this is the chapter on Brain Exercise Therapy (p. 113-126). There is basically a description of the science of brain neurons and how they are different in the ADHD brain. The author also describes that using the brain in new ways develops more neurons. OK, this makes sense. At long last I made it to the whopping 2 pages with suggested activities, and the activities aren't really specific to what area of the brain they will help develop. For example, "What is of interest to your child? Use it. For example, children often develop intense interests. If they are fascinated with cats or dogs, buy books that discuss the different types and their names". Additional suggestions include doing martial arts, chess, magic tricks and Rummikub. None of these ideas are bad, but they are also not rocket science and there is no specific benefit tied to any of them. Honestly, there is virtually no information in this book that you don't already know (gems like "praise your child" and "have structure and boundaries". Really? Don't we already know that?!) This book was a big fat waste and I'm pretty sure the other reviews were written by relatives of the author. If you want specific activities that work get Brain Gym, or Rappin' on the Reflexes.

21 of 21 people found the following review helpful.

Wonderful book

By Dina

I purchased this book about a month ago, and after reading it I decided to implement into my kids lives a few of the various methods mentioned in the book. The simple brain exercises that are in the book have made a world of difference in my life and even more so in my kids lives.

Both of my sons have ADHD and since I've started using the methods that are explained in the book my kids have been behaving better, working harder and even feeling generally better about themselves.

All and all I found this book to be LIFE SAVER and a BIG help, I would purchase it again in a heartbeat.

Special thanks to DR. Amnon Gimpel on such a GREAT book!

10 of 11 people found the following review helpful.

Great Book!

By M. Braswell

I just received this book about a week ago. I can't put it down. It's the first book I read that makes sense. It is full of practical ideas and simple to read and understand. Looking forward to trying the exercises with my grandchild.

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