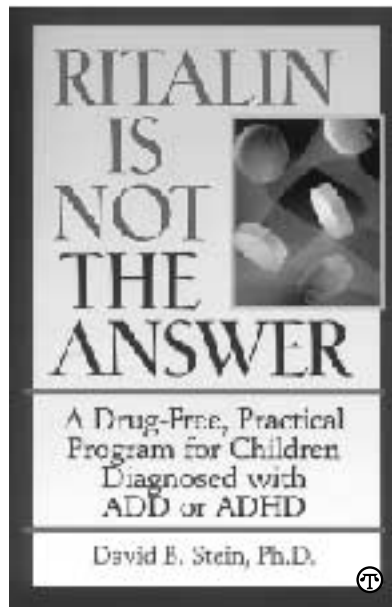


Pointers For Parents

Ritalin Is Not The Answer

(NAPSA)—A new book confronts and challenges what has become a common practice—giving mood-altering drugs to children diagnosed with attention deficit disorder (ADD) and attention deficit with hyperactivity disorder (ADHD).



A new book offers a practical plan for helping children diagnosed with ADD.

Ritalin is Not the Answer (Jossey-Bass, \$15) by David B. Stein, Ph.D., explores the negative consequences of medicating children with this stimulant and provides workable alternatives that do not involve drugs.

In his book, Stein, a psychologist, argues that although ritalin may work, it does so at a very high price—physical and psychological side effects.

“Having a child learn correct behavior is the best thing we can do for that child,” said Stein. “A pill does not teach correct behavior.”

The book gives parents a practical, step-by-step program for helping children learn to control their own thinking and behavior.

For more information, visit www.josseybass.com.