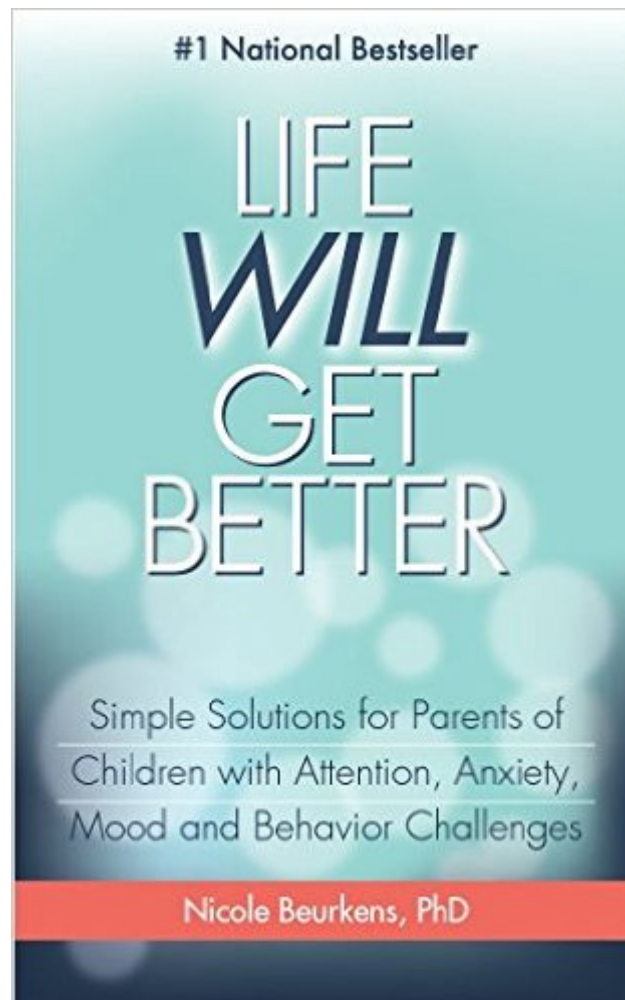


The book was found

Life Will Get Better



Synopsis

If you are the parent of a child with attention, anxiety, mood, and/or behavior challenges, you may have wondered if the struggles you and child are facing will ever get better. It can be exhausting, frustrating, and anxiety provoking to parent a child with these types of challenges; not to mention the emotions you feel on behalf of your child who is likely even more frustrated and exhausted than you! After working with and teaching thousands of parents of children with these issues, Dr. Nicole Beurkens has discovered solutions you can implement right now that WILL improve life for you and your child. While there may be many things about your child's symptoms and behavior you cannot control, there are simple shifts in five key areas that will improve your child's functioning and bring more peace and enjoyment to your family life. You will gain a better understanding of the issues that need to be addressed in order to help your child achieve better focus, problem solving, resilience, emotional regulation, and behavioral control. Simple changes can create a big impact, and this empowering book will show you the way.

Book Information

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Customer Reviews

I applied a few of the suggestions in this book and my son's ADD has improved...in less than 10 days! It is truly amazing and his medical doctor has not shared any of this with us. I am bringing my doctor this book and then I am asking him to decrease his medication. Taking out sugar made the biggest difference but learning about all the foods that can cause his symptoms to get worse has helped as well. I am going to share with with other families! Thank you Dr. Beurkens!!

This book is easy to read with simple strategies to support parents who are looking for safer and alternative ways to help their children improve. All the approaches used in this book are great no matter the severity of your child(ren)'s issues. I highly recommend this book for all parents, teachers, day care providers, and anybody else working with children on a regular basis! This book is broken into very specific chapters, making it easy to pick one area to work on at a time. You can then go back and reread a chapter to continue moving forward in that area or try to implement new strategies by starting a new chapter. You'll want this book easy to access at all times!

There are a lot of books out there to choose from but this book has techniques that are practical and can be implemented that day. It's an easy read, packed full of tips and ideas that will guide you in how to get a positive outcome. Dr Beurkens has put all her best strategies in one place whether your child has behavior, processing or attentional challenges-she has a strategy for you. My daughter has significant challenges and when we put some simple strategies in place we saw changes within a very short period of time. Nothing we have seen from other professional groups! Great read!

Finally, I have THE book that I recommend with confidence to my patients and parents of children with anxiety, ADD and focus issues. Dr. Nichole Beurken's, Life Will Get Better book is packed with information, tips and easy to implement solutions that you can use with children of any age, and quite frankly with people of all ages with these very common issues.

As a physician who believes in minimizing the role of prescription medications in the treatment of children, Dr. Beurkens's™ book is exactly the kind of resource I want to offer patients in my practice! There are many underlying issues that can lead to anxiety, attention, depression, behavior problems, and the solutions offered in this book get to the root of the issues so children can thrive. Parents will appreciate that the book is organized by topic, so they can turn to the sections most applicable to the issues they are facing right now. I have no doubt that life will get better for families who read and apply this information. This book truly is a MUST READ for parents looking for answers!

As the founder of The Pain Free Living Program®, children and adults from all over the world come to me seeking guidance and relief from "mysterious" persistent symptoms and conditions

such as ADD. Again and again I hear the same sad story from concerned parents who would do anything to help their children live happy, healthy lives. They have tried everything that conventional medicine had to offer yet received little to no positive results in return. Dr. Nicole Beurkens pulls back the curtain and solves the mystery. Her practical advice and holistic approach to solving the ADD epidemic, addresses the underlying root cause and will show you the road back to health. There's no need to suffer, settle, or learn to cope. Read this book, find hope, health, and solutions that really work!

This is a wonderful resource for families with individuals displaying developmental or behavioral issues. Whether dealing with specific diagnoses or ongoing difficulties, this book is a treasure trove of information that is reliable, educational, and practical. Current research on a variety of timely topics is presented in a readable and accessible style. Parents are given helpful support to understand what contributes to behavioral problems, and why particular responses do or do not work. Every chapter contains clinic-tested remedies that can be immediately implemented, including honest encouragement for those requiring patience and persistence. The prevalence of the five key areas presented, and the variety of treatments for each, make this a valuable toolkit!

I have personally experienced a brief moment of Dr. Beurken's work as a colleague and now friend. She has an ability to tap almost immediately into individual healing opportunities on every level clinically and intuitively. She is a bright, deeply dynamic and caring individual doing the unique gifted work she was put here to share greater joy, peace and fulfillment with families through healing. As someone who was once told decades ago from a young age by top neurologists in NYC myself that I would live and should expect nothing more than a very challenging & limited life due to my rare neurological condition, only manageable by drugs, I can attest there is so much hope, healing and empowered living available through the expert insight Dr. Beurken's shares with you in her new book, "Life Will Get Better."

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