



Only a Mother Could Love Him: My Life with and Triumph over ADD

Benjamin Polis

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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.

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