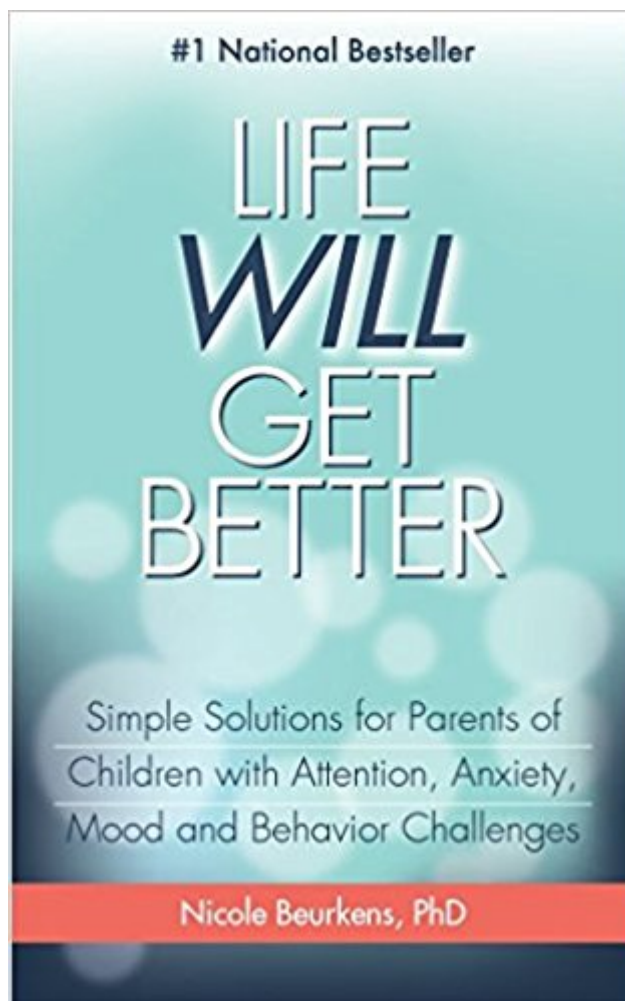


The book was found

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

Perfect Paperback: 293 pages

Publisher: Sky Water Press; 1st edition (March 10, 2016)

Language: English

ISBN-10: 0997363916

ISBN-13: 978-0997363913

Package Dimensions: 7.8 x 4.9 x 0.5 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 19 customer reviews

Best Sellers Rank: #1,432,536 in Books (See Top 100 in Books) #49 in Books > Parenting & Relationships > Special Needs > Hyperactivity #421 in Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders #478 in Books > Parenting & Relationships > Parenting > School-Age Children

Customer Reviews

The note of optimism sounded in the title of Beurkens's work is present throughout the volume, which functions as a written version of a deep, calming breath taken in the midst of the turmoil parents can feel while raising their children. A levelheaded, readable manual for taking some of the chaos out of child-rearing. - Kirkus Reviews Raising a child with special needs can sometimes feel like a herculean challenge. Nicole Beurkens' *Life Will Get Better* provides a revolutionary approach

to help your child develop skills they will carry throughout life. This easy-to-read guide will equip you with tools ranging from nutrition to movement to problem solving skills that will improve life for you and your child right now. If you're a parent of a child with attention, anxiety, mood and behavior challenges don't miss this one! --JJ Virgin, celebrity nutrition expert, parent and author of the New York Times bestsellers *The Virgin Diet* and *The Sugar Impact Diet* Dr. Nicole Beurkens' book is a masterpiece for any parent whose child is struggling with attention, anxiety, mood or behavior challenges. *Life Will Get Better* lays out the most important aspects of how to help your child get back into balance. Her cutting edge approach is truly holistic and filled with great practical tips. The strategies in this book will help set your child up for a lifetime of emotional well-being. I wish I'd had something like this to give patients years ago! Thank you Dr. Beurkens for being a beacon of light for these children and families! --Sheila Kilbane, MD, Integrative Pediatrician Nicole Beurkens really understands how to help children and families with special needs. Her years of study, clinical and practical experience are synthesized for your benefit in *Life Will Get Better*. Nicole paves a much-needed path of hope for families, then gives easy-to-do and powerful strategies for improving the health and happiness of all family members. Read this book, then get started or keep progressing. You'll never look back. --Julie Matthews, author of *Nourishing Hope for Autism*

A unique combination of special educator and clinical psychologist, Dr. Nicole Beurkens, PhD, has 20 years of experience supporting children, young adults, and families. She has specialized expertise in evaluating and treating a wide range of learning, mood, and behavior challenges including autism spectrum disorder, ADHD, learning disabilities, anxiety, bipolar disorder, behavioral disorders, brain injury, and other neurodevelopmental conditions. She holds a Doctorate in Clinical Psychology, a Master's in Special Education, and is trained in numerous specialty areas. A licensed clinical psychologist, Dr. Beurkens is the Founder and Director of Horizons Developmental Resource Center in Caledonia, Michigan. Using her experience with individuals and families affected by learning, mood, and behavior challenges, Dr. Beurkens has developed unique training and educational tools for families and professionals. Her work has been highlighted in numerous online and print publications, and she's an expert media source. Dr. Beurkens publishes an award-winning weekly newsletter for thousands of subscribers at her website, and has hundreds of articles and resources available online for parents and professionals. When she isn't working, Dr. Beurkens enjoys spending time with her husband and four children.

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 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 other families! Thank you Dr. Beurkens!!

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!

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!

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!

Dr. Beurkens book is a masterpiece for any parent whose child is struggling with attention, mood or behavior challenges. Life Will Get Better lays out the most important aspects of how to help your child get back into balance. Her cutting edge approach is truly holistic and filled with great practical tips. The strategies in this book will help set your child your child up for a lifetime of emotional well being. I wish I'd had something like this to give patients years ago! Thank you Dr. Beurkens for being a beacon of light for these children and families! Sheila Kilbane, MD " Integrative Pediatrician, Charlotte, NC.

If you are the parent of a child with special needs or behavior challenges you will love this book! Dr. Beurkens shares a multitude of simple strategies for improving your not only your child's life, but your own. She provides great tips on nutrition, sleep, movement, connection and cognition. The book is filled with many real life examples and true stories of patients she has helped. The easy to read text allows you to quickly read the strategies and begin implementing them right away. I highly recommend this book for anyone who has children in their life!- Erin Roon, Speech/Language Pathologist

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