



10 Days to a Less Distracted Child: The Breakthrough Program that Gets Your Kids to Listen, Learn, Focus, and Behave

By Jeffrey Bernstein

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A fresh, practical, and completely original take on handling inattentive/hyperactive children. Anecdotal examples throughout help parents understand their kids, improve focus and organization at school, and eliminate other distracted or inappropriate behaviors at home.

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Editorial Review

Review

Atlanta Parent, 2/09

“Parents will learn to avoid homework battles, build their child’s confidence and reduce issues of losing focus.”

About the Author

Jeffrey Bernstein, Ph.D., is a licensed psychologist specializing in child and family therapy in the Philadelphia area who has helped hundreds of defiant children and their families restore their relationships. The author of *10 Days to a Less Defiant Child* and *Why Can't You Read My Mind?*, Bernstein has appeared on the *Today Show* and Court TV, among other venues.

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