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# Only A Mother Could Love Him - My Story - How I Lived With A.D.D. And Overcame It!



## Synopsis

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. From the Trade Paperback edition. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

My wife and I are both physicians who've managed children with ADD/ADHD, but our professional experience is dwarfed by our personal experience. In this domain we are experts. There are two

books that stand out amongst all the hundreds we've scanned and the dozens we've studied. One is 'The Explosive Child' by Ross Greene. The other is this book. It's not the best organized or structured book; it's a bit scattered and tangential. It's speculative in places and not "evidence based". The writer is not as polished as Greene, the style is more like a business book than an academic book. All which is to say that the author writes like he really does have ADHD. No matter, the book works. It's the best source of ideas and insight we've come across in years. I'm particularly intrigued by the focus on deficits in working memory; I think he's right about the importance of this particular disability and it's not been a major topic of research until recently. It's also very optimistic and encouraging for parents and family. A quick read, I'd recommend buying copies for teachers and grandparents.

now that I have read this book, I can wholeheartedly recommend it to other parents. Our two sons have ADD and have exhibited some (but not all) of the behaviors described in this book. Fortunately we did not have the problems with violence he describes. However, one of our sons became a champion wrestler and I think this was an excellent outlet for him. As Benjamin says, individual sports are very important for the ADD student. He describes problems in school that accurately reflect our sons' school careers. Excellent grades on tests, next to no homework done, so low GPAs. Like Benjamin, our older son is doing extremely well in college, because he is studying things that deeply interest him (physics) and not things that don't (english literature). Two things I would change in terms of advice to other parents. Benjamin says that kids should not be medicated daily. We have seen a specialist at NIH who says that the latest evidence shows that daily doses of ritalin or equivalent are actually beneficial. the brain seems to develop new neurotransmitter capabilities if the dosages are kept constant. the other has to do with reading. Our sons were not interested in reading until we discovered which topics interested them. Our oldest is sports-crazed, so he learned to read box scores at age 5. the first words he read were Philadelphia and Chicago. We bought lots of sports magazines and books and watched sporting events with him to reinforce what he learned in reading. Our younger son was very interested in comics, so we bought every Calvin & Hobbs book. We read them to him over and over and later he learned to read them himself. Great vocabulary builders! Now both are voracious readers. We kept the house awash in books on many topics. If they indicated an interest, we got books on that topic. so they learned to enjoy books. So, thanks to Benjamin for an inside look at a world that is very difficult for a non-ADD parent to fathom. We wish you well, Benjamin, and all the other parents who are out there dealing with this problem! Your children can definitely grow up to be successful, though it may not feel like

at when they are in third grade!

I recommend this book wholeheartedly to anyone needing information on ADHD. My 13 yr. old grandson lives with us and I was at my wits end over his school work and unpredictability. I found this book and just devoured it. It was not long before I could see thru the eyes of my grandson and truly understand some of what he is feeling. The opinions stated in this book are not always mine, but I found a lot of his insight just so valuable and sometimes humorous. I have highlighted many passages and keep it by my bed so I can remind myself that I am not going crazy. Ben tells it like it is. Ben Polis is a brilliant young man who should be applauded for his courage in writing this book and sharing his life with us.

Ben Polis set out to write a book that would help parents understand their ADHD children. In that regard, I feel he succeeded admirably. It certainly provides a lot of insight into the mind of kid who just can't control himself. I would absolutely recommend this book to parents who have a child that has, or may have, ADD/ADHD. I would also consider it a must-read for teachers and students aspiring to be teachers. The classroom is a really rough place for kids with ADD and there are too many teachers who'd rather ignore a trouble-maker than actually put the effort into helping them. I think this book might give them what they need to be more compassionate with children who need the attention. There are a lot of good ideas in this book for staving off temper-tantrums and explaining to the child how he is misbehaving. In addition to the advice and insight, it's a really touching story. You really get a sense of the sadness and confusion Ben went through, as well as the horror his parents felt on more than one occasion. The book would probably be great for someone in their teens or older who is living with ADD and wants to feel that they are not alone, or could benefit from his coping strategies. I do have a couple criticisms. First, it should be noted that while Ben grew up with ADHD, he is not an expert on the subject. His advice comes from personal experience, not research. His techniques, while probably very helpful, will not apply in all cases. There are also times in the book where he simply does not understand what it is that he's talking about. He tries to talk about stuff that is beyond his own experience, and in a few cases he is not correct, or, for example, displays that he doesn't actually know what the word "symptom" means. The average person will probably not catch these mistakes, but they are there, and it should be remembered that he is not an expert. The other problem I had was that it was very male-centric. When giving advice he always refers to "your son". The book probably has little to offer parent of daughters with ADHD unless the daughter follows a pattern of symptoms more typical of a

boy. Overall, the book really is excellent. It's a good read and I expect very helpful. But keep in mind, especially if you are a parent of a child with ADHD, that he not an authority.

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