

FOR IMMEDIATE RELEASE

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"Flipping the Script: 'ADH-ME' Dares to Celebrate the Untapped Superpowers of ADHD Kids

Empowering Self-Published Book by K.C. Field Redefines ADHD Narrative.

In a world where misconceptions about ADHD often overshadow its strengths, author K.C. Field introduces "ADH-ME," a positive children's book that celebrates the unique abilities of kids with ADHD without the typical stereotypes. Perfect for children who have been diagnosed with ADHD, "ADH-ME" highlights the incredible qualities that make them special, such as creativity, resilience, and big ideas.



ADH-ME offers separate versions tailored for both boys and girls, ensuring that every child can relate to and find inspiration in its pages. The book reflects the belief that ADHD is not a limitation but a strength, encouraging children to embrace their uniqueness and realise their potential beyond the confines of traditional education.

K.C. Field, the author of ADH-ME, draws from personal experience. She grew up in a time when ADHD wasn't recognised or understood. As a mother of two girls, she understands both the remarkable strengths and the challenges associated with ADHD. "ADH-ME" is her debut book, born from a desire to empower children with ADHD everywhere.

"ADH-ME" represents a departure from the negative narratives often associated with ADHD. Instead, it celebrates the strengths and resilience of children with ADHD, encouraging them to embrace their differences and thrive in a world that may not always understand them.

ADH-ME" by K.C. Field is available on Amazon

ISBN 9781763509610.

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