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Baxter Turns Down His Buzz: A Story for Little Kids About ADHD

James M. Foley

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Written for children ages 4 to 8 with ADHD and impulsiveness, *Baxter Turns Down His Buzz* is the story of a high-energy rabbit who learns to control his activity level. His uncle Barnaby guides Baxter through the steps necessary to "turn down his buzz" through behavioral strategies like mindfulness, progressive relaxation, and visualization, rather than medication. Also includes a "Note to Parents and Caregivers."

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