

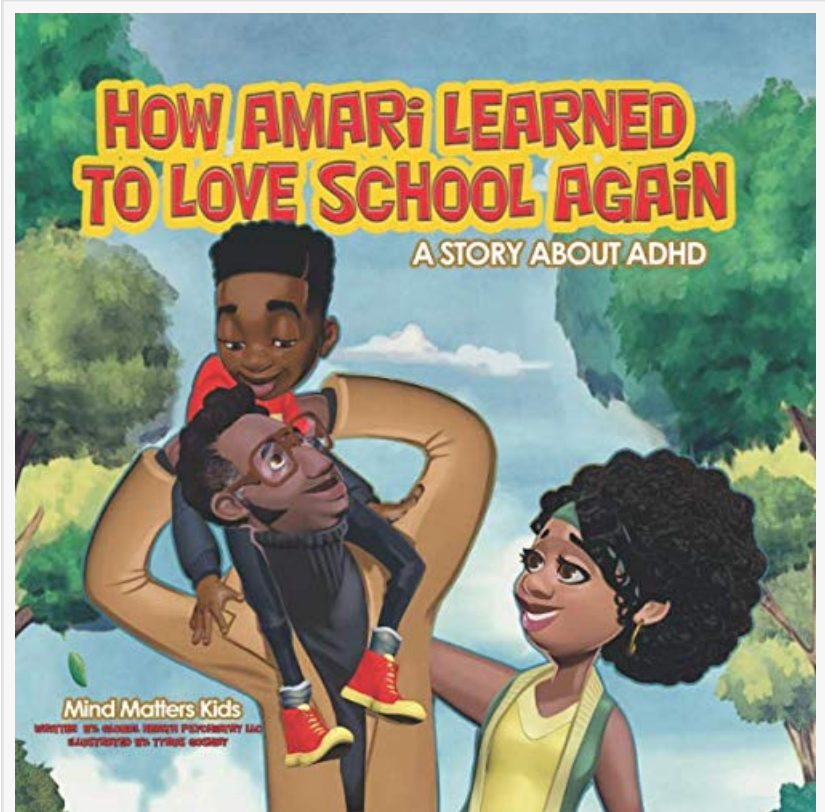
Psychiatrists Release Children's Book on ADHD

Global Health Psychiatry will release a children's book, How Amari Learned to Love School Again, which sheds light on the challenges of ADHD

SAN FRANCISCO, CALIFORNIA , UNITED STATES, May 16, 2019

/EINPresswire.com/ -- Global Health Psychiatry will release a children's book, How Amari Learned to Love School Again, which sheds light on the challenges of ADHD at its official launch party on May 20, 2019 in San Francisco.

How Amari Learned to Love School Again explores the daily difficulties children with ADHD endure while in school and elsewhere. Attention-deficit/hyperactivity disorder (ADHD) can be a controversial topic, about which there are misconceptions and misinformation. ADHD is one of the most common mental disorders affecting children. Children with ADHD may have trouble paying attention, controlling impulsive behaviors or be overly active. This children's book was created to inform and empower kids and parents who deal with the challenges of ADHD.



How Amari learned to love school again

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We're so proud of how this book brings to life an empowering story of triumph in a fun, relatable way, while also having the additional bonus of an educational parent guide.”

*Dr. Ericka Goodwin, co-author
& president of Global Health
Psychiatry*

“This is an innovative children's book that spotlights the journey of Amari, while also highlighting the impact of a loving family. We're so proud of how this book brings to life an empowering story of triumph in a fun, relatable way, while also having the additional bonus of an educational parent guide,” said Dr. Ericka Goodwin, co-author and president of Global Health Psychiatry, LLC.

An estimated 8.4 percent of children have ADHD. It is often first identified in school-aged children when it leads to disruption in the classroom or problems with schoolwork. How Amari Learned to Love School Again describes how to conquer the challenges of ADHD. This book is a contribution to the struggles of dealing with childhood and

adolescent mental health disorders and offers empowerment and solutions to children and parents.

There will be a book signing on May 19, 2019 from 1:00 p.m.-2:30 p.m. at Marcus Books Oakland, 3900 Martin Luther King Jr. Way, Oakland, CA 94609.

The official book launch party for How Amari Learned to Love School Again will be held on May 20, 2019 from 8:00 p.m. to 12:00 a.m. at Hawthorn, 46 Geary St, San Francisco, CA 94108.

How Amari Learned to Love School Again is available through major online retailers and may be purchased [HERE](#). For further details on the book, book signing, or launch party, visit: <https://www.ghpsychiatry.org>.

About Global Health Psychiatry

Global Health Psychiatry, LLC (GHP) is an organization that focuses on the entire individual and the factors in life that surrounds the person. Oftentimes psychiatry and mental health focuses on the mental health professionals and not enough on the patient, caregivers and families impacted by mental illness. GHP attempts to bridge the gap between the community and mental health professionals and treatment. We see individuals as the center but are greatly influenced by their surrounding community. The surrounding community includes their home, family life, school and educational level, work, and social status, among others. GHP hopes to strengthen the community through focusing on the individual as the center of their circle of life. It is important to understand that the other circles of family and surrounding community greatly impact the globe of mental health around the individual. Focusing on the globe with the individual as the center will lead to better, more informed, and compassionate care.

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