



Fire Child, Water Child: How Understanding the Five Types of ADHD Can Help You Improve Your Child's Self-Esteem and Attention

By Stephen Cowan MD FAAP

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Fire Child, Water Child is a revolutionary guide to parenting a child with attention-deficit hyperactivity disorder (ADHD) that does not rely on medication or pathologizing your child's challenges. This method, created by pediatrician and ADHD specialist Stephen Scott Cowan, helps you identify your child's unique focusing style—wood, fire, earth, metal, or water—and calm the stress that can contribute to your child's ADHD symptoms.

What is your child's ADHD style?

- The Wood Child is an adventurous explorer who is always on the move but gets frustrated easily
- The Fire Child is outgoing, funny, and can be prone to mood swings and impulsive actions
- The Earth Child is cooperative, peacemaking, but can feel worried or indecisive when stressed
- The Metal Child is comforted by routine, and finds it difficult to shift attention from task to task
- The Water Child is an imaginative dreamer, yet struggles to keep track of time

By using this personalized approach, you will help your child reduce impulsive behavior, regulate attention, and handle school and home routines with confidence.

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Editorial Review

Review

“*Fire Child, Water Child* is a breakthrough work. Children are unique and deserve an expanded and elevated approach to healing. This stunning book points toward complementary and healthy alternatives to pharmaceutical remedies.”

—Deepak Chopra, MD, author and cofounder of the Chopra Center for Wellbeing

“‘Not a disease, but a symptom,’ is Dr. Cowan’s stunningly insightful summation of ADHD. *Fire Child, Water Child* offers a deep understanding of the types of children who may manifest attention difficulties. Dr. Cowan identifies what is right about them, innate positive qualities we can support to promote their development. Far more compassionate than the standard narrow medical approach, this book is also more scientific in its appreciation of children’s relationship to their environment.”

—Gabor Maté, MD, author of *Scattered: How Attention Deficit Disorder Originates and What You Can Do About It*

“Stephen Scott Cowan’s clinical skill and experience is unrivaled. His original approach has helped hundreds of children. Read and heed the wisdom embedded in his work.”

—Frank Lipman, MD, author of *Revive: Stop Feeling Spent and Start Living Again*

“Dr. Cowan has written an exceptionally thoughtful, repercussive book that will surely change the lives of children and parents looking for profound, holistic ways to understand and heal attention-deficit hyperactivity disorder (ADHD). Not only has he created a masterful treatise in which children’s root natures are brought to light as key ingredients in their bespoke recoveries, but he has also contributed a beautifully crafted ode to rebuilding attention. Dr. Cowan’s support and recommendations have indeed proven transformative for me and for my son, Water child extraordinaire. This unique and brilliant book is a tour-de-force and finally, blessedly, reveals Dr. Cowan’s gentle genius to the world.”

—Maggie Lyon, writer on wellness and spirituality, holistic lifestyle consultant, and founder of lyonlifestyle.com

“This is such a good book—as practical as it is poetic. Dr. Cowan helps us to know our anxious, troubled, and sometimes troubling kids in new, more appreciative, and more compassionate ways. He teaches us that ADHD is as varied as the children who show its symptoms. In helping us adults step-by-step to help them, he

helps us grow in love as well as knowledge.”

—James S. Gordon, MD, psychiatrist, founder of The Center for Mind Body Medicine, and author of *Unstuck: Your Guide to the Seven-Stage Journey Out of Depression*

“I was deeply fortunate to have Dr. Cowan as our devoted and honorable pediatrician. His passionate and essential life’s work is expressed beautifully and accessibly on these pages and profoundly serves to revolutionize, demystify, and guide families lost in the ambiguities of ADHD/ADD; pharmaceuticals; the cultural divide; and diversities of treatments, awareness, and balance. This book is a critical tool parents can use to support their children and encourage them to find a home within themselves, a precious gift.”

—Paulette Cole, CEO and creative director of ABC Home in New York, NY

“Cowan empowers us to see beyond generic labels that lead to one-size-fits-all thinking. He offers dazzling insights into the nature of each individual child, potentially revolutionizing how children are cared for by their families, educated by their teachers, and treated by their physicians.”

—Harriet Beinfield, coauthor of *Between Heaven and Earth*

“This is an extraordinary addition to the literature on childhood developmental disorders. Every parent and clinician treating this complex set of problems needs to read this book. Dr. Cowan has taken his thorough knowledge of medical science and decades of personal experience in studying and treating ADD and other developmental disorders, then combined them in an amazing synthesis with the energetic principles and characteristics of imbalance given to us by traditional Chinese medicine. This allows a broader, deeper and more individual understanding of each person’s unique problems and needs, allowing a much better chance of success in producing lasting transformations. Brilliant.”

—Woodson Merrell, MD, chairman of the department of integrative medicine at Beth Israel Medical Center in New York, NY, and author of *Power Up*

“Dr. Cowan’s *Fire Child, Water Child* is a breath of fresh air in the current world of ADD and ADHD literature. He combines his true healer’s motivation, years of successful practice, sound modern medical knowledge, and sane judgment derived from serious study of time-tested Asian medical wisdom to present us with a new way of seeing ADHD. His method encourages us to look at kids as the wondrous individuals that they are, care for them one by one in a truly human way, and save them and their parents from deep angst. As a dad and a granddad, I love this book and recommend it highly to everyone who loves their kids and wants to make sure that they thrive against whatever odds they face.”

—Robert Thurman, father, grandfather, great-grandfather, and professor of Tibetan Buddhist studies at Columbia University

About the Author

Stephen Scott Cowan, MD, is a board-certified pediatrician specializing in holistic developmental pediatrics who has over twenty years of experience working with children and families. He is a fellow in the American Academy of Pediatrics, a member of the AAP section on developmental disabilities, a member of the American Academy of Medical Acupuncture, and a clinical faculty member at New York Medical College. He has lectured internationally and currently practices in New York.

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Katy Pinkham:

The book *Fire Child, Water Child: How Understanding the Five Types of ADHD Can Help You Improve Your Child's Self-Esteem and Attention* make you feel enjoy for your spare time. You can utilize to make your capable more increase. Book can being your best friend when you getting strain or having big problem with the subject. If you can make reading a book *Fire Child, Water Child: How Understanding the Five Types of ADHD Can Help You Improve Your Child's Self-Esteem and Attention* to become your habit, you can get much more advantages, like add your personal capable, increase your knowledge about many or all subjects. You could know everything if you like open up and read a guide *Fire Child, Water Child: How Understanding the Five Types of ADHD Can Help You Improve Your Child's Self-Esteem and Attention*. Kinds of book are several. It means that, science guide or encyclopedia or others. So , how do you think about this publication?

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Now a day people that Living in the era exactly where everything reachable by match the internet and the resources included can be true or not need people to be aware of each details they get. How many people to be smart in acquiring any information nowadays? Of course the reply is reading a book. Studying a book can help people out of this uncertainty Information specially this *Fire Child, Water Child: How Understanding the Five Types of ADHD Can Help You Improve Your Child's Self-Esteem and Attention* book because book offers you rich data and knowledge. Of course the data in this book hundred percent guarantees there is no doubt in it as you know.

Dedra Clark:

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