



Putting a positive spin on a difficult-to-understand label, **Managing the Gift** focuses on realizing the full potential of teens diagnosed with attention deficit hyperactivity disorder, or ADHD, and variations of ADD and HD.

Developed in conjunction with expert Dr. Kevin Ross Emery, the app offers tools and techniques to identify and nurture the strengths of individual personalities and provides insight into proper medications, diet and more for those with the disorders. *Free, available for iOS;* [www.mydrkevin.com/managing-the-gift-app/](http://www.mydrkevin.com/managing-the-gift-app/)

—LAURA KINIRY

