

Reading List for Adults

General Information

Adventures in Fast Forward: Life, Love and Work for the ADD Adult

K. G. Nadeau

Everything Guide to Adult ADHD

Jacobs & Wendel

Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood to Adulthood

E. M. Hallowell & J. J. Ratey

Answers to Distraction and Delivered from Distraction

E. M. Hallowell & J. J. Ratey

You Mean I'm not Lazy, Stupid or Crazy?

K. Kelly & P. Ramundo

Attention Deficit Disorder: the Unfocused Mind in Children and Adults

T. Brown

CrazyBusy - Overstretched, Overbooked and about to Snap! Strategies for Coping in a World Gone ADD

E. Hallowell

ADHD According to Zoe: The Real Deal on Relationships, Finding Your Focus, and Finding Your Keys

Zoe Kessler

My Brain Still Needs Glasses: ADHD in Adults

A. Vincent

ADD and Your Money: a Guide to Personal Finance for Adults with Attention-Deficit Disorder

S. Sarkis & K. Klein

ADHD Across the Lifespan

T. Bilkey

Smart but Stuck Emotions in teens and Adults with ADHD

T Brown

The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks & Talents

N. Ratey

Finding Your Focus: Practical Strategies for the Everyday Challenges Facing Adults with ADD

J. Greenbaum

Scattered Minds: Hope and Help for Adults with Attention Deficit Disorder

L. Adler

The Complete Idiot's Guide to Adult ADHD

Bailey & Haupt

Taking Charge of Adult ADHD

R. Barkley

More Attention, Less Deficit-Success Strategies for Adult ADHD

Tuckman

Your Life Can Be Better-Using Strategies for Adult ADHD

Puryear

Adult ADD: A Guide for the Newly Diagnosed

Sarkis

Understand Your Brain, Get More Done-The ADHD Executive Functions Workbook

Tuckman

Succeeding with Adult ADHD

Levrini & Prevatt

Adult ADHD

Novotni & Whiteman

ADD Stole My Car Keys

U. Jain & R. Green

The Science of ADHD-A Guide for Parents & Professionals

Chandle

Adult ADHD: What You Need to Know

Gurevich

ADHD & the College Student: The Everything Guide to Your Most Urgent Questions

Quinn

Living with ADD When You Are Not the One Who Has It

Handlin

The Disorganized Mind

Ratey

No Way to be Treated-Managing Addiction by Treating ADHD

Patrick

What Does Everybody Else Know that I Don't?

Novotni

When Too Much Isn't Enough

Richardson

Still Procrastinating? The No Regrets Guide to Getting it Done

Ferrari

Your Life Can Be Better-Using strategies for Adult ADHD

Puryear

ADHD in Adults

Weiss

100 Questions & Answers about Adult ADHD

Albrecht

A Day in the Life of an Adult with ADHD

Joffe & Iachan

ADHD in HD-Brains Gone Wild

Chesner

Women

Women with Attention Deficit Disorder: Embrace Your Differences and Transform Your Life

S. Solden

Understanding Women with AD/HD

K. Nadeau & P. Quinn

Moms with ADD: a Self-Help Manual

C. A. Adamec

Survival Tips for Women with AD/HD: Beyond Piles, Palms and Post-Its

T. Matlen

Workplace

Making ADD Work-On-the-job Strategies for Coping with ADD

Grossberg

ADD in the Workplace

K. G. Nadeau

Organization

Organization ADD-Friendly ways to Organize Your Life: Strategies that Work from a Professional Organizer and a Renowned ADD Clinician

J. Kolberg & K. Nadeau

Organizing Solutions for People with ADHD

Pinsky

Relationship

Relationship Is It You, Me or Adult ADHD? Stopping the Roller Coaster When Someone You Love Has Attention Deficit Disorder

G. Pera

The ADHD Effect on Marriage: Understand and Rebuild Your Relationship in Six Steps

M. Orlov

Married to Distraction: How to Restore Intimacy and Strengthen Your Partnership in an Age of Interruption

M. Orlov

Married to Distraction

Hallowell & Hallowell

Loving Someone with Attention Deficit Disorder

Tschudi