

# Reading List for Adults

## **General Information**

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

G. Nadeau

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**Everything Guide to Adult ADHD**

Jacobs & Wendel

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

M. Hallowell & J. J. Ratey

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**Answers to Distraction and Delivered from Distraction**

E. M. Hallowell & J. J. Ratey

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

Kelly & P. Ramundo

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**Attention Deficit Disorder: the Unfocused Mind in Children and Adults**

T. Brown

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

Hallowell

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

Zoe Kessler

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**My Brain Still Needs Glasses: ADHD in Adults**

Vincent

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

Sarkis & K. Klein

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**ADHD Across the Lifespan**

T. Bilkey

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**Smart but Stuck Emotions in teens and Adults with ADHD**

T. Brown

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

Ratey

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

Greenbaum

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

Adler

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**The Complete Idiot's Guide to Adult ADHD**

Bailey & Haupt

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**Taking Charge of Adult ADH**

Barkley

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**More Attention, Less Deficit-Success Strategies for Adult ADHD**

Tuckman

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**Your Life Can Be Better-Using Strategies for Adult ADHD**

Puryear

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**Adult ADD: A Guide for the Newly Diagnosed**

Sarkis

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

Tuckman

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**Succeeding with Adult ADHD**

Levrini & Prevatt

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**Adult ADHD**

Novotni & Whiteman

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**ADD Stole My Car Keys**

Jain & R. Green

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**The Science of ADHD-A Guide for Parents & Professionals**

Chandle

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**Adult ADHD: What You Need to Know**

Gurevich

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

Quinn

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

Handlin

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**The Disorganized Mind**

Ratey

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**No Way to be Treated-Managing Addiction by Treating ADHD**

Patrick

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**What Does Everybody Else Know that I Don't?**

Novotni

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**When Too Much Isn't Enough**

Richardson

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**Still Procrastinating? The No Regrets Guide to Getting it Done**

Ferrari

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**Your Life Can Be Better-Using strategies for Adult ADHD**

Puryear

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**ADHD in Adults**

Weiss

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**100 Questions & Answers about Adult ADHD**

Albrecht

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**A Day in the Life of an Adult with ADHD**

Joffe & Iachan

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**ADHD in HD-Brains Gone Wild**

Chesner

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**Women**

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

Solden

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**Understanding Women with AD/HD**

Nadeau & P. Quinn

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**Moms with ADD: a Self-Help Manual**

A. Adamec

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

Matlen

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**Workplace**

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

Grossberg

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**ADD in the Workplace**

G. Nadeau

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**Organization**

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

Kolberg & K. Nadeau

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**Organizing Solutions for People with ADHD**

Pinsky

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**Relationship**

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

Pera

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

Orlov

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

Orlov

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**Married to Distraction**

Hallowell & Hallowell

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**Loving Someone with Attention Deficit Disorder**

Tschudi