

Attention Deficit Hyperactivity Disorder (for adults)

Adler, Lenard and Mari Florence. (2006). *Scattered Minds: Hope and Help for Adults with ADHD*. New York, NY: Putnam. Describes adult ADD, how to get diagnosis, and treatment options.

Barkley, Russell A., Kevin R. Murphy, and Mariellen Fischer. (2007). *ADHD in Adults: What the Science Says*. New York, NY: The Guilford Press. A great current source of scientific information on adult ADD.

Hallowell, Edward M. and John J. Ratey. (1995). *Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood*. New York, NY: Touchstone Press. Diagnosis and anecdotal descriptions of ADD.

Kelly, Kate and Peggy Ramundo. (2006). *You Mean I'm Not Lazy, Stupid or Crazy?! The Classic Self-Help Book for Adults with Attention Deficit Disorder*. New York, NY: Fireside Press. A hands-on guide to dealing with adult ADD.

Murphy, Kevin and Suzanne Levert. (1995). *Out of the Fog: Treatment Options and Coping Strategies for Adult Attention Deficit Disorders*. New York, NY: Skylight Press. Excellent book for adults with ADD. Strategies for family interaction, organization, and the role of medication.

Novotni, Michael and Thomas A. Whiteman. (2003). *Adult AD/HD: A Reader-Friendly Guide to Identifying, Understanding, and Treating Adult Attention Deficit/Hyperactivity Disorder*. Colorado Springs, CO: Pinion Press. Simple guide to diagnosing and understanding ADD.

Ratey, Nancy A. (2008). *The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents*. New York, NY: St. Martin's Press. Provides a set of concrete tools that ADHD adults can use to help themselves master both personal and professional situations.

Sarkis, Stephanie. (2005). *10 Simple Solutions to Adult ADD: How to Overcome Chronic Distraction & Accomplish Your Goals*. Oakland, CA: New Harbinger Publications, Inc. Straightforward tools for adults coping with ADD.

Solden, Sari. (2005). *Women with Attention Deficit Disorder: Embrace Your Differences and Transform Your Life*. Grass Valley, CA: Underwood Books. Discusses diagnosis of ADD with women and issues such as disorganization, relationships, and underachievement with real-life stories.