

ADHD/ADD Books

Adult ADHD/ADD

- **Driven to Distraction (Revised): Recognizing and Coping with Attention Deficit Disorder** – by *Edward M. Hallowell and John J. Ratey*
 - They focus on the positives that can come with this “disorder” – including high energy, intuitiveness, creativity, and enthusiasm
- **Healing ADD Revised Edition: The Breakthrough Program that Allows You to See and Heal the 7 Types of ADD** – by *Daniel G. Amen*
 - Dr. Amen’s revolutionary approach provides a treatment program that can lead sufferers of ADD to a normal, peaceful, and fully functional life.
- **The ADHD Effect on Marriage: Understand and Rebuild Your Relationship in Six Steps** – by *Melissa Orlov and Edward M. Hallowell*
 - This resource encourages both spouses to become active partners in improving their relationship and healing the fissures that ADHD can cause.
- **Is It You, Me, or Adult ADD? Stopping the Roller Coaster When Someone You Love Has Attention Deficit Disorder** – by *Gina Pera and Russell Barkley*
 - A comprehensive guide to recognizing the behaviors where you least expect them and developing compassion for couples with unrecognized ADHD symptoms.
- **ADHD Guide** – by *Speedy Publishing*
 - Coping with ADHD in children and adults, promoting ADHD parenting.
- **I Always Want to Be Where I’m Not: Successful Living with ADD and ADHD** – by *Wes Crenshaw, PhD*
 - Dr. Wes Crenshaw offers 13 principles for successful living with ADHD and ADD drawn from 22 years of experience and 23,000 hours of clinical discussions with hundreds of interesting clients.
- **Taking Charge of Adult ADHD** – by *Russell A. Barkley*
 - Hands-on self-assessment tools and skills-building exercises, plus clear answers to frequently asked questions about medications and other treatments.
- **ADD-Friendly Ways to Organize Your Life** – by *Judith Kolberg and Kathleen Nadeau*
 - Offers organizing advice that ranges from self-help to utilizing the help of non-professionals, to using professional assistance.
- **The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving Your Goals** – by *Lidia Zylowska and Daniel Siegel*
 - Dr. Zylowska educates readers about ADHD, helping them to understand how their ADHD brain works and how they can use mindful awareness to work with their challenges.
- **The Gift of Adult ADD: How to Transform Your Challenges and Build on Your Strengths** – by *Lara Honos-Webb, PhD*
 - This book shows you how to transform symptoms into strengths to improve your relationships, job performance, parenting skills, and overall quality of life.

ADHD/ADD Books

- **The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents** – by *Nancy A. Ratey*
 - Nancy Ratey has the proven strategies that will help anyone with ADHD get focused, stay on track, and get things done – and finally get what they want from their work and their life.
- **Women with Attention Deficit Disorder: Embrace Your Differences and Transform Your Life** – by *Sari Solden and MS*
 - Three empowering steps restructuring one's life, renegotiating relationships, and redefining self-image help women take control of their lives and enjoy success on their own terms.
- **ADHD According to Zoe: The Real Deal on Relationships, Finding Your Focus, and Finding Your Keys** – by *Zoë Kessler and Patricia O. Quinn, MD*
 - In this unique and engaging memoir, Kessler shares her own stories of living with ADHD in a way that is relatable, but never predictable.
- **Lifting the Fog: A specific guide to inattentive ADHD in adults** – by *Michael Carr*
 - This book provides specific information about how inattentive ADHD affects adults and how it differs from other forms of ADHD.

ADHD/ADD Books

Teenage ADHD/ADD

- **Taking Charge of ADHD, Third Edition: The Complete, Authoritative Guide for Parents** – by *Russell A. Barkley*
 - It presents a proven eight-step behavior management plan specifically designed for 6- to 18-year olds with ADHD.
- **Raising Boys with ADHD: Secrets for Parenting Healthy, Happy Sons** – by *Mary Anne Richey and James W. Forgan*
 - Filled with practical knowledge, resources, and tools needed to help parents address the many strengths and challenges of boys with ADHD.
- **Parenting Children with ADHD: 10 Lessons That Medicine Cannot Teach (Lifetools: Books for the General Public)** – by *Vincent J. Monastra*
 - Monastra offers a series of sequential lessons, beginning with the causes of ADHD and the most common medical treatments.
- **ADHD: Attention Deficit Hyperactivity Disorder: Understanding Symptoms, Diagnosis, and Treatment of ADHD** – by *Ariana Kats*
 - This book will help you understand ADHD so that you can know how best to help your child.
- **Attention Difference Disorder: How to Turn Your ADHD Child or Teen’s Differences into Strengths in 7 Simple Steps** – by *Kenny Handelman*
 - Helps parents to understand their “Parent’s ADD Journey,” and address whether ADD can be a gift and provides a 6-step plan to help you unwrap the gifts in ADD.
- **ADHD Without Drugs – A Guide to the Natural Care of Children with ADHD** – by *Sanford Newmark, MD*
 - He explains how to treat the whole child, not just the symptoms.
- **8 Keys to Parenting Children with ADHD (8 Keys to Mental Health)** – by *Cindy Goldrich MEd and Babette Rothschild*
 - The eight “key” concepts here will help parents reduce chaos, improve cooperation, and nurture the advantages.
- **ADHD Guide** – by *Speedy Publishing*
 - Coping with ADHD in children and adults, promoting ADHD parenting.
- **Focused: ADHD & ADD Parenting Strategies for Children with Attention Deficit Disorder** – by *Blythe N. Grossberg*
 - Written by an expert with over 15 years of experience in treating adult ADHD and ADHD in children, Focused offers essential information to empower parents and provide immediate assistance.
- **The ADD & ADHD Answer Book: Professional Answers to 275 of the Top Questions Parents Ask** – by *Susan Ashley*
 - Helps you understand your child’s illness and develop a plan to help them succeed.
- **On Your Own: A College Readiness Guide for Teens with ADHD/LD** - by *Patricia O. Quinn and Theresa Laurie Maitland*
 - Teens can choose to work on one or two problem areas in individual chapters, or to use the book as a whole to develop lifelong skills and problem solving techniques.

ADHD/ADD Books

- **The ADD/ADHD Checklist: A Practical Reference for Parents and Teachers** - *by Sandra F. Rief*
 - Helps parents and teachers to better understand children and teenagers with attention problems and provide the kind of support and intervention that is crucial to kids' success.
- **The ADHD Book of Lists: A Practical Guide for Helping Children and Teens with Attention Deficit Disorders** – *by Sandra F. Rief*
 - The complete easy-to-reference guide to practical ADHD management and will be a go-to resource for parents, teachers, clinicians, and others involved in the care and education of students with ADHD.
- **Ready for Take-Off: Preparing Your Teen with ADHD or LD for College** – *by Theresa E. Laurie Maitland and Patricia O. Quinn*
 - This essential resource encourages parents to adopt a unique coaching-style approach in their parenting and urges parents to stop micromanaging their teens' day-to-day life.
- **Parenting Children with ADHD: 10 Lessons that Medicine Cannot Teach (APA Lifetools)** – *by Vincent J. Monastra*
 - Monastra offers a series of sequential lessons, beginning with the causes of ADHD and the most common medical treatments.
- **Making the Grade with ADD: A Student's Guide to Succeeding in College with Attention Deficit Disorder** – *by Stephanie Moulton Sarkis*
 - This easy-to-use guide will help you create study habits that work with your ADD in productive and positive ways.

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- **The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control (Instant Help)** – by *Lawrence Shapiro, PhD*
 - Includes activities to help your child:
 - Become a good listener and a good friend
 - Make school easier and more fun
 - Recognize his/her special gifts and build self-esteem
 - Practice planning ahead and learn responsibility
- **Learning To Slow Down & Pay Attention: A Book for Kids About ADHD** – by *Kathleen G. Nadeau and Ellen B. Dixon*
 - This book emphasizes those aspects of ADHD that are troublesome to the children trying to look at the world more from their point of view.
- **Cory Stories: A Kid's Book About Living with ADHD** – by *Jeanne Kraus and Whitney Martin*
 - He describes many ways of coping with ADHD: medication, therapy/counseling, and practical tips for school, home, and friendships.
- **Putting on the Brakes Activity Book for Kids with ADD or ADHD** – by *Patricia O. Quinn and Judith M. Stern*
 - This guide is packed with useful and empowering lessons/skills kids can apply to and implement in their daily lives.
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- **The Survival Guide for Kids with ADHD** – by *John F. Taylor, PhD*
 - Includes real-life scenarios, quizzes, and a special message for parents.
- **Why Your Child is Hyperactive: The bestselling book on how ADHD is caused by artificial food flavors and colors** – by *M.D. Ben F. Feingold*
 - Contains detailed information by the doctor who first reported that hyperactivity in children is often caused by artificial food coloring and food flavors.
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