

## Adult ADHD Resources

### PROFESSIONAL READING LIST

Barkley, R. A. (2006). *Attention-Deficit Hyperactivity Disorder: A handbook for diagnosis and treatment* 3rd ed. New York, NY: Guilford Press.

Barkley, R. A., & Murphy, K. (2005). *Attention-Deficit Hyperactivity Disorder: A clinical workbook* 3rd ed. New York, NY: Guilford Press.

Barkley, R.A., Murphy, K.R., & Fischer, M. (2008). *ADHD in Adults: What the science says*. New York, NY: Guilford Press.

Barkley, R.A. (2010). *Attention Deficit Hyperactivity Disorder in Adults: The latest assessment and treatment strategies*. Boston, MA: Jones and Bartlett Publishers.

Brown, T. (2005). *Attention Deficit Disorder: The unfocused mind in children and adults*. New Haven, CT: Yale University Press.

Goldstein, S., & Teeter Ellison, P. A. (2001). *Clinical Interventions for Adult ADHD: A comprehensive approach*. New York, NY: Academic Press.

Gregg, N. (2009). *Adolescents and Adults with Learning Disabilities and ADHD*. New York, NY: Guilford Press.

Nadeau, K.G., & Quinn, P. O. (2002) *Understanding Women with AD/HD*. Washington, DC: Advantage Books.

Nigg, J. (2006). *What Causes ADHD?* New York: NY: Guilford Press.  
Ramsay, J. R., & Rothstein, A. L. (2007). *Cognitive Behavioral Therapy for Adult ADHD: An integrative psychosocial and medical approach*. New York: NY: Routledge.

Safren, S., Perlman, C. A., Sprich, S., & Otto, M. (2005). *Therapist Guide to the Mastery of Your Adult ADHD: A cognitive-behavioral treatment program*. New York: Oxford University Press.

Solanto, M., Arnsten, A., & Castellanos, F. X. (2001). *Stimulant Drugs and ADHD: Basic and clinical neuroscience*. Oxford: Oxford University Press.

Tuckman, A. (2007). *Integrative Treatment for adult ADHD*. Oakland, CA: New Harbinger Publications, Inc.

Young, J. L. (2007). *ADHD Grown Up: A guide to adolescent and adult ADHD*. New York: W.W. Norton

Young, S., & Bramham, J. (2007). *ADHD in Adults. A psychological guide to practice*. Chichester, England: John Wiley & Sons, Ltd.

### PATIENT READING LIST

Adler, L. (2007) *Scattered Minds. Hope and help for adults with Attention Deficit Hyperactivity Disorder*. New York, NY: Perigree Books.

Freed, J., & Shapiro, J. (2007). *4 Weeks to an Organized Life with AD/HD*. New York: Taylor Publishing.

Hallowell, E. M. (2006). *Crazybusy: Overstretched, Overbooked, and About to Snap! Strategies for coping in a world gone ADD*. New York:

Ballantine Books.

Hallowell, N., Hallowell, S., & Orlov, M. (2010). *Married to Distraction. Restoring intimacy and strengthening your marriage in an age of interruption*. New York: Ballantine Books.

Hallowell, N., & Ratey, J. (2005). *Driven to Distraction*. New York: Simon and Schuster.

Matlen, T. (2005). *Survival Tips for Women with ADHD*. Plantation, FL: Specialty Press, Inc.

Nadeau, K.G. (2006). *Survival Guide for College Students with ADHD or LD*. Washington: Magination Press.

Orlov, M. (2010). *The ADHD Effect: Marriage. A guide to what's really hurting your relationship and how to thrive*. Plantation, FL. Specialty Press, Inc.

Pera, G. (2008). *Is It You, Me, or My Adult ADHD?* San Francisco, CA: 1201 Alarm Press.

Ratey, N. (2008). *The Disorganized Mind: Coaching your ADHD brain to take control of your time, tasks, and talents*.

Safren, S., Perlman, C. A., Sprich, S., & Otto, M. (2005). *Mastering Your Adult ADHD: Client workbook*. New York: Oxford University Press.

Sarkis, S. M. (2008). *Making the Grade with ADD. A student's guide to succeeding in college with attention deficit disorder*. Oakland, CA: New Harbinger Publications, Inc.

Sarkis, S.M. (2009) *ADD and Your Money*. Oakland, CA: New Harbinger Publications, Inc.

Solden, S. (2005). *Women with Attention Deficit Disorder*. Nevada City, CA: Underwood Books.

Tuckman, Ari. (2009). *More Attention, Less Distraction. Success strategies for adults with ADHD*. Plantation, FL: Specialty Press, Inc.

### NATIONAL ADVOCACY

Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD); [www.chadd.org](http://www.chadd.org)

Attention Deficit Disorder Association (ADDA); [www.adda.org](http://www.adda.org)

### INTERNET RESOURCES

AD/HD Coaches Organization (ACO); [www.adhdcoaches.org](http://www.adhdcoaches.org) ADD Resources; [www.addresources.org](http://www.addresources.org)

ADD Warehouse; [www.addwarehouse.com](http://www.addwarehouse.com) ADD Consults; [www.addconsults.com](http://www.addconsults.com)

Canadian ADHD Resource Alliance (2007/2008). Canadian ADHD Practice Guidelines (CAP-G); [www.caddra.ca](http://www.caddra.ca)

Institute for the Advancement of ADHD Coaching (IAAC); [www.adhdcoachinstitute.org](http://www.adhdcoachinstitute.org)

International Coaching Federation (ICF); [www.coachfederation.org](http://www.coachfederation.org)