

Attention Deficit Hyperactivity Disorder

1. *Adult ADD: A Guide for the Newly Diagnosed*
Stephanie Moulton Sarkis, PhD and Patricia O. Quinn, MD; 2011
2. *Adult ADHD: Amazing Action Plan To Overcoming ADHD - The Ultimate Guide To Living A Better Life*
Susie Thompson; 2016
3. *Attention-Deficit Hyperactivity Disorder in Adults and Children*
Lenard A. Adler and Thomas J. Spencer; 2015
4. *Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD*
Patricia Quinn; 2012
5. *Scattered Minds: The Origins and Healing of Attention Deficit Disorder*
Dr. Gabor Mate, MD; 2011
6. *Scattered Minds: Hope and Help for Adults with Attention Deficit Hyperactivity Disorder*
Lenard Adler and Mari Florence; 2007
7. *Taking Charge of Adult ADHD*
Russell A. Barkley; 2010
8. *The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving Your Goals*
Lidia Zylowska and Daniel Siegel; 2012
9. *The Smart but Scattered Guide to Success: How to Use Your Brain's Executive Skills to Keep Up, Stay Calm, and Get Organized at Work and at Home*
Peg Dawson and Richard Guare; 2016
10. *You Mean I'm Not Lazy, Stupid or Crazy?! The Classic Self-help Book For Adults With Attention Deficit Disorder*
Kate Kelly, and Peggy Ramundo; 2006

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