UNDERSTANDING ADHD IN ADULTS

Attention deficit/ hyperactivity disorder (ADHD) is defined as a persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development. Many adults who have ADHD don’t know it. These adults may feel that it is impossible to get organized, stick to a job, or remember to keep appointments. Adults with ADHD can be treated with behavioral interventions, medication, or a combination of the two.

The following books are available at the Newton Free Library. The Newton Free Library, as well as the Minuteman Library Network, has many other books to help readers understand ADHD. The listed Web sites will also assist you in finding helpful information. Ask a librarian, if you need help. The material and links listed on this bibliography are intended for educational purposes and should not be construed as medical advice or instruction.

Amen, Daniel G. Healing ADD from the Inside Out: The Breakthrough Program That Allows You to See and Heal the Seven Types of Attention Deficit Disorder. 616.858 A51H 2013

Bailey, Eileen. The Complete Idiot's Guide to Adult ADHD. 616.858 B15C 2010

Barkley, Russell A. When An Adult You Love Has ADHD: Professional Advice For Parents, Partners, and Siblings. 616.858 B24W 2017

Brown, Richard P. Non-Drug Treatments for ADHD: New Options for Kids, Adults, and Clinicians. 616.858 B81N 2012

Brown, Thomas E. A New Understanding of ADHD in Children and Adults: Executive Function Impairments. 618.928 B81N 2013

Brown, Thomas E. Smart But Stuck: Emotions in Teens and Adults with ADHD. 616.858 B81S 2014

Crenshaw, Wes. I Always Want To Be Where I'm Not: Successful Living With ADD and ADHD. 616.858 C86I 2014

Denevi, Timothy. Hyper: A Personal History of ADHD. 616.852 D41H 2014

Greenwood, David A. Overcoming Distractions: Thriving With Adult ADD/ADHD. 616.858 G85O 2016

Gurevich, David. Adult ADHD: What You Need To Know. 616.858 G96A 2010

Hallowell, Edward M. Driven To Distraction: Recognizing and Coping With Attention Deficit Disorder From Childhood Through Adulthood. 616.858 H15D 2011

Hood, Melissa R. Memoirs of an ADHD Mind: God Was a Genius In the Way He Made Me. 616.858 H76M 2015

Huff, Terry M. Living Well With ADHD. 618.928 H87L 2016

Milliken, Kirsten. PlayDHD: Permission To Play... A Prescription For Adults With ADHD. 616.858 M62P 2016

Orlov, Melissa. The ADHD Effect On Marriage: Understand and Rebuild Your Relationship In Six Steps. 616.858 O72A 2010

Orlov, Melissa. The Couple's Guide To Thriving With ADHD. 616.858 O71C 2014

Passmore, Stuart. The ADHD Handbook. 616.858 P26A 2014

Pinsky, Susan C. Organizing Solutions For People With ADHD: Tips and Tools To Help You Take Charge of Your Life and Get Organized. 640.874 P65O 2012


Tuckman, Ari. Understand Your Brain, Get More Done: The ADHD Executive Functions Workbook. 616.858 T79U 2012

Weil, Andrew. Mind Over Meds: Know When Drugs Are Necessary, When Alternatives Are Better-- And When To Let Your Body Heal On Its Own. 362.299 W42M 2017


Williams, P. The Insider's Guide To ADHD: Adults With ADHD Reveal the Secret To Parenting Kids With ADHD. 618.928 W67I 2015


INTERNET RESOURCES

www.additudemag.com/category/manage-adhd-life/ The Web site of Additude Magazine, which is a leading source of important news, expert advice, and information for families and adults living with attention deficit disorder.

www.healthline.com/health/adhd/adult-adhd Symptoms of Adult ADHD.


www.theatlantic.com/health/archive/2013/04/adhd-is-different-for-women/381158/ The standard conception of the disorder is based on studies of "hyperactive young white boys." For females, it comes on later, and has different symptoms, according to The Atlantic Magazine article.

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