



# 10 Books for Your ADHD Library

**These 10 definitive books promote understanding, treatment, and good health for adults with ADHD.**

## **1. *Driven to Distraction***

*by Edward Hallowell, M.D. and John Ratey, M.D.*

This “ADHD Bible” — first published in 1994 and updated in 2011 — covers diagnosis, treatment, and living well with ADHD. It is the definitive resource for understanding ADHD.

## **2. *Women with Attention Deficit Disorder***

*by Sari Solden, M.S. LMFT*

Now in its second edition, this groundbreaking work unveils the hidden epidemic of depression, anxiety, and low self-esteem among women with ADHD.

## **3. *What Does Everybody Else Know That I Don't?***

*by Michele Novotni, Ph.D.*

This comprehensive social-skills guide for adults with ADHD contains straightforward exercises and engaging tidbits that teach adults to overcome common problems like inattention, impulsive blurting, and more.

## **4. *The Couple's Guide to Thriving with ADHD***

*by Melissa Orlov and Nancie Kohlenberger, LMFT*

Marriages (or long-term relationships) are seldom easy. But when one or both partners has ADHD, this book's tried-and-true techniques become essential to managing ADHD's impact on your relationship.

## **5. *Adult ADD: A Guide for the Newly Diagnosed***

*by Stephanie moulton Sarkis, Ph.D.*

This easy-to-read “first step” manual for adults with ADHD covers diagnosis and treatment, treatment, plus simple solutions for everything from managing ADHD at work to making lifestyle changes.

## **6. *The Smart But Scattered Guide to Success***

*by Peg Dawson, EdD and Richard Guare, Ph.D.*

This read will you understand how ADHD may be holding you back in the workplace, and offer simple strategies for maintaining focus and meeting goals.

## **7. *Taking Charge of Adult ADHD***

*by Russell Barkley, Ph.D.*

Written by one of the foremost ADHD experts in the world, this book clearly outlines how to get the best treatment for your symptoms, what you need to know about medications, and how to fix damaged finances, relationships, and more.

## **8. *The Mindfulness Prescription for Adult ADHD***

*by Lidia Zylowska, M.D.*

This book outlines a simple 8-step plan to improve your attention, increase your awareness, and gain self-acceptance through meditation.

## **9. *Is It You, Me, or Adult ADD?***

*by Gina Pera*

Sadly, loved ones can struggle to separate ADHD symptoms from “selfish” behavior — leaving everyone frustrated and angry. This book shows both sides to help find solutions that work for all.

## **10. *Scattered Minds***

*by Lenard Adler, M.D.*

Moving seamlessly from medical facts to easy-to-follow interventions, this book's brief chapters make it readable — and valuable — for anyone eager to learn about ADHD's symptoms, causes, drug therapies, and alternative treatments.