Taking Charge of Adult ADHD

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Barkley is one of the leading researchers and most prolific writers on attention deficit/hyperactivity disorder (ADHD) across the life span, having produced materials for mental health professionals and self-help books like this volume. Thirty short chapters are organized into five sections that deal with evaluation of adult ADHD, underlying mechanisms of ADHD and self-acceptance of the diagnosis, understanding medication as a treatment option, utilizing behavioral strategies to address specific deficits, and managing in key areas such as work, relationships, and health. Barkley debunks common myths about medications and co-occurring disorders and offers straightforward advice on how to improve quality of life. Additional references and resources are provided. VERDICT This is a comprehensive and scientifically based yet comprehensible manual for understanding and managing adult ADHD. With this information, adults with ADHD or those close to them can be informed consumers of available treatment options, behavioral strategies, and supplemental support resources. —Paula McMillen, Univ. of Nevada, Las Vegas