



ADHD Resources for Adults

Books

(Many of these resources are available through LearningLinks Resource Centre – www.learninglinkslibrary.ca)

Driven To Distraction : Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood. By John Ratey and Ned Hallowell (New York: Pantheon Press, 1994)

Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder.
By

John Ratey and Ned Hallowell (New York: Random House, 2005)

You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder. By Kate Kelly and Peggy Ramundo (New York: Scribner, 1996)

ADD-Friendly Ways to Organize Your Life. By Judith Kolberg and Kathleen Nadeau (New York: Brunner-Routledge, 2002)

The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents. By Nancy A. Ratey (New York, St. Martin's Press, 2008)

Organizing Solutions for people with Attention Deficit Disorder: Tips and Tools to Help You Take Charge of Your Life and Get Organized. (2006). By Susan C. Pinsky.

Understand Your Brain, Get More Done: The ADHD Executive Functions Workbook. (2009). By Ari Tuckman.

The ADHD effect on Marriage: Understand and Rebuild your Relationship in Six Steps. (2010). By Melissa Orlov.

Succeeding with Adult ADHD: Daily Strategies to Help You Achieve Your Goals and Manage Your Life. (2012). By Abigail Levrini and Frances Prevatt.

Websites

Totally ADD and Loving It: www.totallyadd.com – Website with excellent videos and not much reading.

Children and Adults with AD/HD (CHADD): www.chadd.org/ – Has a variety of information.

CHADD Canada: www.chaddcanada.org – Has a variety of information from a Canadian perspective.



The Centre for AD/HD Advocacy Canada (CADDAC): www.caddac.ca – *Has a variety of on-line resources.*

Dr. Ned Hallowell: www.drhallowell.com – *Dr. Hallowell's website has a mix of video and reading.*

Attention Deficit Disorder Association: www.add.org – *Has advocacy and support information.*

ADDvance website: www.addvance.com – *Has excellent information for Women with AD/HD.*

CADDRA: www.caddra.ca – *Canadian Attention Deficit Hyperactivity Disorder Resource Alliance. Check out the "public info" tab for information for adults.*