



More Attention, Less Deficit: Success Strategies for Adults with ADHD

Ari Tuckman

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The only book on Attention Deficit Hyperactivity (ADHD) written in a structure that caters to ADHD sufferers' tendency to jump around, this essential guidebook begins with a detailed diagnosis of ADHD, reviews the history of the disorder and its symptoms, and provides clear, evidence-based treatments. Revealing medications for controlling symptoms and exploring psychosocial skills that can help adults with ADHD better manage and organize their lives, the resource provides an extensive collection of practical strategies to overcome common struggles in the areas of self-esteem, work, relationships, friendships, parenting, and everyday life. A thorough explanation of both standard treatment options—including medication, therapy, and coaching—and alternative treatments helps guide adults with ADHD to the right health care providers and emphasizes why it is so important to ensure that their health care professionals are familiar with the disorder. Brief, ADHD-friendly articles can stand alone or be read in sequence, and those who choose to read it out of order will appreciate the unique physical format's perforated page corners that can be torn off to indicate an article was read.

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