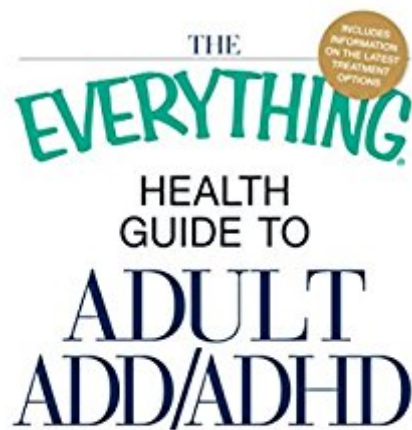




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# The Everything Health Guide To Adult ADD/ADHD: Expert Advice To Find The Right Diagnosis, Evaluation And Treatment (Everything®)



## Synopsis

People with undiagnosed Adult ADD/ADHD suffer highly chaotic lives--and often struggle with problems such as fatigue, depression, drug abuse, and learning disabilities. The good news is that treatment can go a long way toward getting this condition in check. But before anyone can manage the problem, they have to be able to identify it, starting with a thorough understanding of what it looks like in adults. This guide helps you:

- Understand telltale signs and symptoms
- Find the right specialist
- Choose the right treatment
- Decide whether talk therapy is right for you
- Learn how to lead a happier and more productive life

This guide also helps remove the guilt and blame surrounding ADD/ADHD by reassuring that it is a real syndrome with a biological cause, and not the result of laziness or a lack of motivation or discipline. From diagnosis to life after treatment, this book will guide you with a reassuring hand every step of the way.

## Book Information

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## Customer Reviews

A few years ago, I was given a photocopy of a section of this book (by a nurse) the day I was

"officially" diagnosed with Adult ADHD. She knew my family personally, and had always suspected that I might have ADHD. The section was specifically about women with ADD/ADHD, and helped explain why I behave the way I do in some situations. (It basically says "some women feel guilty for being ADD/ADHD" and it affects their behavior.) After the photocopy was destroyed, and the copy at our local library vanished, I decided to get my own copy. This book is well written, and allows readers to jump from topic to topic as desired. This works really well for some of us with ADD/ADHD, and makes it easier for others who care about us, want to understand, and want a quick answer to "why do they do that"? (Personal Note): I often joke with friends that "I have a channel-surfer in my brain" because my focus and thoughts sometimes jump around between totally unrelated things and back again. Recently, this book helped a very shy coworker who was afraid to even be alone in a room with me, (the short version is, she'd heard A LOT of myths about ADD/ADHD!) She saw me reading my copy one afternoon in our office, and secretly bought her own copy. A few weeks later, she noticeably relaxed around me, and when I started "channel-surfing" a few days ago, she ran to her bag and joked "gotta grab the darn instruction manual!". I was shocked and thrilled that she had confidence enough to joke back about my ADHD, something that used to make her run. This book gave her knowledge about ADD/ADHD, and that knowledge gave her that kind of confidence. Sometimes half the problem is getting rid of the myths, and getting real info on ADD/ADHD. This book has really helped more than I could say, and would be great for anyone who is curious about, has, or knows someone with ADD/ADHD.

clear, to the point!

Very insightful, and informative concerning adult ADD!

Very helpful book, covering so many details. Well written and organized and easy to read and find information.

Nice easy book to read. One of the better books I've read on Adult ADD.

This covers many aspects of what it is like to have ADD as an adult. It helps you get diagnosed and after helps you to deal with that diagnosis.

Well written, with very little use of clinical jargon. Pace and structure allows the reader to 'jump around'. Book is useful for those with adult ADHD, and those around them (maybe even more important for them). jp

completely New book. The book was in exceptional conditions it had not been used at all it was shipped quickly. I highly recommend.

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